

# Missouri Behavioral Risk Factor Surveillance System

## 2013 Data Report



Missouri Department of Health and Senior Services  
Gail Vasterling, Director

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# ACKNOWLEDGEMENTS

## Missouri Behavioral Risk Factor Surveillance System (BRFSS) 2013 Data Report

### Special Thanks

Thank you to more than 7,000 Missouri adults whose telephone numbers were randomly selected for participation in the 2013 BRFSS interview. This valuable information would not be available without their willingness to participate.

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# INTRODUCTION

## ABOUT THIS REPORT

The Missouri Behavioral Risk Factor Surveillance System (BRFSS) is an annual telephone survey of adults age 18 and older that collects a range of information on health issues. BRFSS data are used to identify emerging health problems, establish health objectives and track their progress, and develop and evaluate public health policies and programs.

In 2013, 7,119 adults were interviewed January through December by the Health and Behavioral Risk Research Center at the University of Missouri-Columbia. Randomly selected household landline telephone numbers were called and an adult was randomly selected to participate in the survey. Additionally, randomly selected adult cell telephone users participated in the interview. Cell phone interviews were added to the BRFSS because of the growing number of adults that use cell phones rather than landline telephones. Data from the landline and cell telephone interviews were aggregated and weighted by the U.S. Centers for Disease Control and Prevention (CDC) to be representative of non-institutionalized adults in Missouri. This report summarizes key findings from the survey.

**Please note:** In 2011, the CDC began using a new weighting methodology that allows the data to be more representative of the adult population. Previous years of BRFSS data may be found in reports located on the Missouri Department of Health and Senior Services website at <http://www.health.mo.gov/data/brfss/data.php>, but should not be compared to 2011, 2012 or 2013 data because of the new weighting method and combining data from landline and cell telephone interviews. A description of the new methodology may be found at the BRFSS web address.

This report presents weighted prevalence estimates and 95% confidence intervals calculated for each topic using SAS statistical software. State and regional prevalence estimates and confidence intervals were produced for the selected indicators. State prevalence estimates were stratified by socio-demographic factors of gender, race, income, and education. The definition for each indicator including the questions asked of respondents is provided at the bottom of the data tables.

## DEFINITIONS OF KEY TERMS

**Prevalence:** The proportion (usually a percentage) of a population that has a defined risk factor, disease, or condition at a particular point in time.

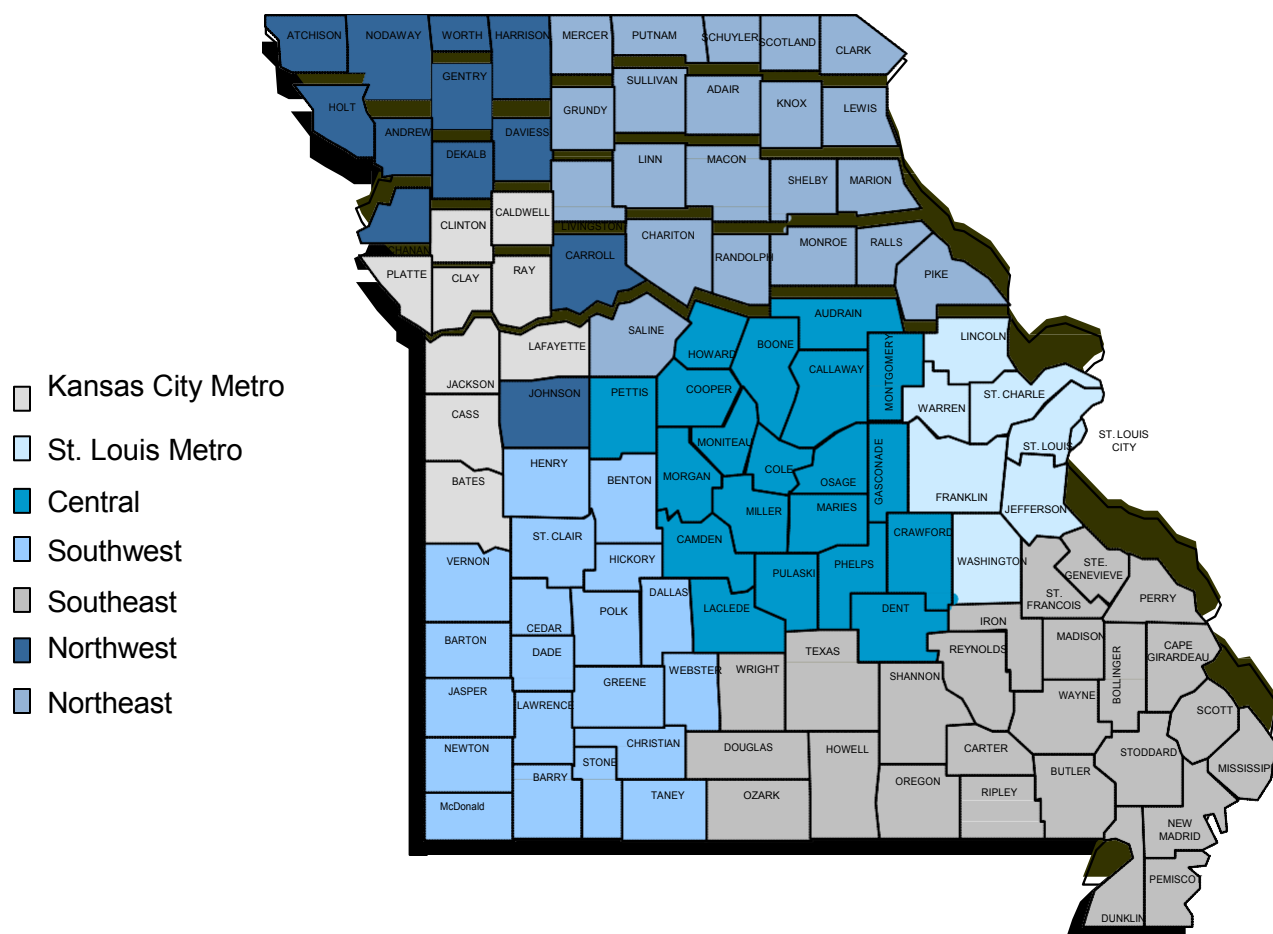
**Age adjustment:** A technique used to compare prevalence of populations when the ages are quite different. **Age-adjusted prevalence** is calculated by weighting the age-specific prevalence for a given year by the age distribution of a standard population (i.e. the 2000 US Standard Population).

**95% Confidence Intervals (CI)** – The range of values for which there is 95% confidence that the true value falls within the range, which is reported as lower confidence interval (LCI) and upper confidence interval (UCI).

## MISSOURI BRFSS REGIONAL DATA

Missouri is comprised of 114 counties and the City of St. Louis. The sample size from each county, on an annual basis, is too small to make conclusive estimates by county. Therefore, the counties and St. Louis are clustered into the following seven geographical BRFSS regions to examine sub-state level results: Kansas City Metro, St. Louis Metro, Central, Southwest, Southeast, Northwest, and Northeast.

Map of Missouri's BRFSS Regions



# DEMOGRAPHICS OF MISSOURI BRFSS RESPONDENTS

## Distribution of demographic and economic characteristics Of Missouri adult respondents, BRFSS 2013

CHARACTERISTIC	NUMBER OF RESPONDENTS: COMBINED LANDLINE AND CELL TELEPHONE INTERVIEWS	WEIGHTED PERCENT* %
OVERALL	7119	100
GENDER		
MALE	2749	48.4
FEMALE	4370	51.6
AGE GROUP		
18-24	372	13.1
25-34	698	16.8
35-44	750	15.6
45-54	1095	18.0
55-64	1486	16.6
65 AND OLDER	2656	19.9
RACE/ETHNICITY		
WHITE, NON-HISPANIC	5007	81.7
AFRICAN-AMERICAN, NON-HISPANIC	853	10.3
OTHER RACE ONLY, NON-HISPANIC	111	2.4
MULTIRACIAL, NON-HISPANIC	139	1.1
HISPANIC	114	4.5
EDUCATION		
LESS THAN HIGH SCHOOL GRADUATE	739	13.3
HIGH SCHOOL GRADUATE	2437	31.7
SOME POST HIGH SCHOOL	1908	31.5
COLLEGE GRADUATE	2015	23.4
MARITAL STATUS		
NEVER MARRIED	1083	21.9
MARRIED	3483	53.4
DIVORCED, SEPARATED	1217	14.0
WIDOWED	1156	7.5
UNMARRIED COUPLE	146	3.2
HOUSEHOLD INCOME		
<\$15,000	868	12.8
\$15-24,999	1252	19.1
\$25-34,999	782	11.9
\$35,000-49,999	890	14.9
\$50,000-74,999	874	16.1
\$75,000 and over	1212	25.2
EMPLOYMENT		
EMPLOYED OR SELF-EMPLOYED	3123	55.9
OUT OF WORK	356	7.1
UNABLE TO WORK	735	8.1
HOMEMAKER	426	5.9
STUDENT	165	4.5
RETIRED	2297	18.4

\*Percents may not add to 100 due to rounding

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Overall Health Measures

### Chapter 1 General Health Status

#### Table 1.1 Poor or fair general health

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,104	18.4	17.1	19.7	17.9	16.5	19.3
<b>REGION</b>							
Central	896	18.2	15.1	21.3	17.8	14.7	21.0
Kansas City Metro	1,442	16.8	14.0	19.6	16.4	13.6	19.2
Northeast	746	20.8	17.1	24.4	19.3	15.5	23.1
Northwest	706	17.3	12.9	21.6	17.6	12.8	22.4
Southeast	758	26.2	22.1	30.3	24.7	20.3	29.1
Southwest	804	18.4	15.1	21.7	17.5	14.2	20.8
St. Louis Metro	1,752	17.2	14.6	19.8	16.9	14.2	19.6
<b>GENDER</b>							
Female	4,358	18.6	16.9	20.3	17.7	16.0	19.5
Male	2,746	18.3	16.2	20.3	18.1	16.0	20.3
<b>RACE</b>							
African-American	851	22.0	17.0	26.9	21.8	16.8	26.9
Other	364	29.1	21.4	36.9	32.9	25.0	40.8
White	4,996	17.4	15.9	18.9	15.6	14.1	17.2
<b>EDUCATION</b>							
< High School	736	35.8	30.5	41.1	34.5	29.0	40.1
High School	2,433	20.7	18.4	23.1	20.2	17.4	22.9
High School +	3,916	12.7	11.3	14.2	12.7	11.2	14.1
<b>INCOME</b>							
<\$15,000	866	38.4	33.0	43.9	39.9	34.4	45.3
\$15,000-24,999	1,252	30.0	26.0	33.9	30.0	25.8	34.3
\$25,000-34,999	779	22.1	17.7	26.5	21.1	16.3	25.9
\$35,000-49,999	889	13.5	10.4	16.6	12.6	9.6	15.6
\$50,000-74,999	872	7.7	5.6	9.8	7.9	5.7	10.0
\$75,000+	1,211	5.8	4.0	7.6	5.9	4.0	7.8

Definition: "Poor or fair" response to the question "Would you say that in general your health is excellent, very good, good, fair or poor?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 1 General Health Status

**Table 1.2 Good general health**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,104	30.3	28.7	31.9	29.9	28.2	31.6
<b>REGION</b>							
Central	896	28.8	25.1	32.5	29.1	25.3	32.9
Kansas City Metro	1,442	30.4	27.0	33.9	29.8	26.3	33.3
Northeast	746	33.2	28.7	37.7	32.7	27.9	37.6
Northwest	706	34.3	28.9	39.7	33.5	28.2	38.8
Southeast	758	31.8	27.3	36.3	31.2	26.3	36.1
Southwest	804	32.4	28.0	36.8	32.9	28.2	37.6
St. Louis Metro	1,752	28.5	25.4	31.6	28.0	24.7	31.3
<b>GENDER</b>							
Female	4,358	29.6	27.5	31.7	29.2	27.0	31.4
Male	2,746	31.0	28.5	33.5	30.9	28.3	33.4
<b>RACE</b>							
African-American	851	36.7	30.3	43.1	36.5	30.2	42.7
Other	364	29.2	21.6	36.7	29.1	22.0	36.2
White	4,996	30.1	28.2	32.0	29.3	27.1	31.5
<b>EDUCATION</b>							
< High School	736	29.9	24.6	35.2	29.5	23.5	35.5
High School	2,433	37.0	34.1	39.9	36.0	32.9	39.2
High School +	3,916	26.6	24.6	28.6	26.5	24.5	28.6
<b>INCOME</b>							
<\$15,000	866	30.6	25.5	35.7	30.0	25.0	35.1
\$15,000-24,999	1,252	35.1	31.0	39.1	35.3	30.8	39.7
\$25,000-34,999	779	32.5	27.6	37.4	31.4	25.7	37.1
\$35,000-49,999	889	30.1	25.8	34.5	30.8	25.9	35.6
\$50,000-74,999	872	30.8	26.4	35.3	29.6	25.1	34.2
\$75,000+	1,211	24.0	20.6	27.5	23.0	19.6	26.5

Definition: "Good" response to the question "Would you say that in general your health is excellent, very good, good, fair or poor?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 1 General Health Status

**Table 1.3 Very good or excellent general health**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,104	51.3	49.6	53.1	52.2	50.3	54.0
<b>REGION</b>							
Central	896	53.0	48.8	57.3	53.1	48.9	57.3
Kansas City Metro	1,442	52.8	49.1	56.5	53.8	50.1	57.6
Northeast	746	46.1	41.1	51.1	48.0	42.8	53.2
Northwest	706	48.4	42.7	54.2	48.9	43.0	54.7
Southeast	758	42.0	37.2	46.9	44.2	39.0	49.4
Southwest	804	49.2	44.5	53.9	49.6	44.7	54.5
St. Louis Metro	1,752	54.3	50.9	57.8	55.1	51.5	58.7
<b>GENDER</b>							
Female	4,358	51.8	49.6	54.1	53.1	50.7	55.5
Male	2,746	50.8	48.1	53.5	51.0	48.3	53.7
<b>RACE</b>							
African-American	851	41.4	34.7	48.0	41.7	35.3	48.1
Other	364	41.7	32.9	50.5	38.0	30.7	45.2
White	4,996	52.5	50.5	54.5	55.1	52.8	57.4
<b>EDUCATION</b>							
< High School	736	34.3	28.6	40.0	36.0	30.1	41.8
High School	2,433	42.3	39.3	45.3	43.8	40.5	47.2
High School +	3,916	60.7	58.5	62.9	60.9	58.6	63.1
<b>INCOME</b>							
<\$15,000	866	31.0	25.5	36.4	30.1	24.8	35.4
\$15,000-24,999	1,252	35.0	30.8	39.1	34.7	30.4	39.1
\$25,000-34,999	779	45.4	40.1	50.7	47.5	41.7	53.3
\$35,000-49,999	889	56.4	51.7	61.0	56.6	51.6	61.6
\$50,000-74,999	872	61.5	56.9	66.0	62.5	57.9	67.1
\$75,000+	1,211	70.2	66.5	73.8	71.1	67.4	74.7

Definition: "Very Good or Excellent" response to the question "Would you say that in general your health is excellent, very good, good, fair or poor?"



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

**Table 2.1.1 Poor physical health on 0 of the past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,998	65.1	63.4	66.8	65.0	63.2	66.8
<b>REGION</b>							
Central	889	63.0	58.8	67.1	63.2	58.9	67.4
Kansas City Metro	1,431	66.4	62.9	70.0	66.7	63.1	70.2
Northeast	733	64.3	59.6	69.1	65.2	60.2	70.3
Northwest	697	69.8	64.7	74.8	68.8	63.6	73.9
Southeast	736	63.7	59.2	68.3	64.4	59.4	69.3
Southwest	786	63.7	59.2	68.2	63.8	59.0	68.6
St. Louis Metro	1,726	65.5	62.1	68.9	64.9	61.3	68.4
<b>GENDER</b>							
Female	4,282	63.6	61.4	65.8	63.3	60.9	65.6
Male	2,716	66.6	64.0	69.3	66.9	64.1	69.6
<b>RACE</b>							
African-American	838	64.0	57.5	70.5	64.0	57.5	70.5
Other	356	57.3	48.4	66.3	55.2	47.0	63.4
White	4,923	65.3	63.4	67.3	64.9	62.6	67.2
<b>EDUCATION</b>							
< High School	709	56.5	50.7	62.2	56.7	50.1	63.3
High School	2,385	66.8	64.0	69.7	67.1	63.9	70.3
High School +	3,886	66.1	63.9	68.3	65.9	63.6	68.1
<b>INCOME</b>							
<\$15,000	846	48.0	42.3	53.7	47.3	41.6	53.0
\$15,000-24,999	1,234	55.8	51.5	60.1	55.4	50.8	60.0
\$25,000-34,999	768	67.4	62.4	72.4	67.5	61.8	73.2
\$35,000-49,999	883	63.8	59.1	68.4	61.2	56.2	66.3
\$50,000-74,999	873	74.7	70.8	78.5	74.8	70.8	78.9
\$75,000+	1,206	73.4	69.5	77.2	71.7	67.6	75.8

Definition: “0” response to the question “Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

### Table 2.1.2 Poor physical health on 14 or more of the past 30 days

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,998	12.4	11.2	13.5	11.8	10.7	13.0
<b>REGION</b>							
Central	889	11.5	9.0	14.0	11.4	8.8	14.1
Kansas City Metro	1,431	12.1	9.5	14.7	11.6	9.1	14.1
Northeast	733	13.7	10.4	17.0	13.1	9.6	16.5
Northwest	697	10.8	7.7	13.8	11.2	7.9	14.5
Southeast	736	18.3	14.7	21.9	17.2	13.3	21.0
Southwest	786	12.5	9.6	15.4	11.4	8.7	14.1
St. Louis Metro	1,726	11.2	8.9	13.4	10.6	8.3	12.9
<b>GENDER</b>							
Female	4,282	12.9	11.5	14.3	12.2	10.8	13.6
Male	2,716	11.8	10.0	13.7	11.4	9.5	13.3
<b>RACE</b>							
African-American	838	11.5	8.0	14.9	11.3	7.9	14.8
Other	356	15.5	9.3	21.8	18.4	11.7	25.1
White	4,923	12.3	10.9	13.7	11.1	9.6	12.6
<b>EDUCATION</b>							
< High School	709	26.6	21.4	31.7	26.1	20.2	32.0
High School	2,385	12.8	10.9	14.6	11.7	9.8	13.6
High School +	3,886	8.9	7.6	10.1	8.7	7.5	9.9
<b>INCOME</b>							
<\$15,000	846	28.9	23.9	33.9	29.3	24.6	34.0
\$15,000-24,999	1,234	17.3	14.2	20.4	17.1	13.8	20.4
\$25,000-34,999	768	15.6	11.6	19.6	15.2	11.0	19.4
\$35,000-49,999	883	8.5	5.7	11.3	7.9	5.1	10.6
\$50,000-74,999	873	5.0	3.4	6.5	4.7	3.2	6.1
\$75,000+	1,206	5.5	3.3	7.7	5.3	3.2	7.4

Definition: "14 or greater" response to the question "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

**Table 2.2.1 Poor mental health on 0 of the past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,029	67.7	66.1	69.4	66.9	65.2	68.7
<b>REGION</b>							
Central	884	67.2	63.2	71.2	66.2	62.2	70.3
Kansas City Metro	1,431	66.1	62.5	69.7	65.5	61.8	69.1
Northeast	739	66.2	61.3	71.2	64.7	59.4	70.0
Northwest	700	68.3	62.7	73.9	67.2	61.4	73.1
Southeast	747	69.3	64.7	73.8	68.8	63.9	73.6
Southwest	791	69.0	64.6	73.3	67.9	63.2	72.5
St. Louis Metro	1,737	68.1	64.8	71.3	67.4	64.0	70.8
<b>GENDER</b>							
Female	4,309	63.9	61.7	66.1	62.4	60.1	64.8
Male	2,720	71.8	69.3	74.4	71.6	69.1	74.2
<b>RACE</b>							
African-American	842	70.7	64.8	76.5	70.4	64.5	76.3
Other	360	66.8	58.0	75.5	69.0	61.4	76.5
White	4,943	68.8	66.9	70.7	66.2	63.9	68.4
<b>EDUCATION</b>							
< High School	718	64.1	58.5	69.6	62.1	55.9	68.4
High School	2,410	69.8	67.0	72.6	68.6	65.5	71.7
High School +	3,882	67.4	65.2	69.6	66.9	64.7	69.1
<b>INCOME</b>							
<\$15,000	851	51.7	46.0	57.4	51.0	45.2	56.8
\$15,000-24,999	1,230	61.5	57.3	65.7	60.8	56.2	65.3
\$25,000-34,999	777	66.5	61.4	71.5	63.8	57.9	69.6
\$35,000-49,999	886	65.1	60.4	69.7	62.0	57.1	66.9
\$50,000-74,999	869	74.7	70.8	78.7	74.2	70.0	78.4
\$75,000+	1,209	74.9	71.3	78.5	74.5	70.4	78.6

Definition: "0" response to the question "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

**Table 2.2.2 Poor mental health on 14 or more of the past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,029	12.2	11.0	13.3	12.3	11.1	13.6
<b>REGION</b>							
Central	884	10.9	8.4	13.5	11.5	8.7	14.2
Kansas City Metro	1,431	11.5	8.9	14.1	11.7	9.1	14.3
Northeast	739	14.4	10.7	18.2	15.3	11.2	19.5
Northwest	700	11.3	7.3	15.4	11.8	7.0	16.5
Southeast	747	16.3	12.3	20.2	17.2	12.8	21.6
Southwest	791	13.6	10.3	16.8	13.6	10.2	17.0
St. Louis Metro	1,737	11.1	8.9	13.2	11.0	8.7	13.3
<b>GENDER</b>							
Female	4,309	13.9	12.3	15.4	14.4	12.6	16.1
Male	2,720	10.4	8.6	12.1	10.2	8.5	12.0
<b>RACE</b>							
African-American	842	12.1	8.3	15.8	12.2	8.4	16.0
Other	360	12.7	7.3	18.1	12.6	7.1	18.2
White	4,943	11.3	9.9	12.6	11.9	10.3	13.5
<b>EDUCATION</b>							
< High School	718	18.0	13.9	22.2	19.3	14.5	24.1
High School	2,410	12.6	10.5	14.7	12.9	10.6	15.1
High School +	3,882	10.6	9.1	12.1	10.6	9.1	12.1
<b>INCOME</b>							
<\$15,000	851	28.4	23.4	33.4	29.1	23.9	34.3
\$15,000-24,999	1,230	15.1	12.1	18.0	16.2	12.8	19.6
\$25,000-34,999	777	13.4	9.4	17.4	14.4	10.1	18.7
\$35,000-49,999	886	12.4	8.7	16.0	13.4	8.9	18.0
\$50,000-74,999	869	5.8	3.7	7.9	6.1	3.7	8.4
\$75,000+	1,209	5.3	3.5	7.0	5.0	3.1	6.9

Definition: “14 or greater” response to the question “Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

**Table 2.3.1 Not kept from usual activities due to poor physical or mental health during the past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,546	56.5	53.9	59.0	57.0	54.4	59.5
<b>REGION</b>							
Central	468	61.3	55.6	67.0	61.5	55.9	67.1
Kansas City Metro	721	58.3	53.0	63.6	58.9	53.8	64.0
Northeast	363	62.5	55.8	69.2	61.4	54.5	68.3
Northwest	318	57.1	48.5	65.7	56.7	48.3	65.1
Southeast	389	49.2	42.4	55.9	48.6	41.0	56.2
Southwest	399	57.4	51.0	63.9	58.3	51.8	64.8
St. Louis Metro	888	54.3	49.4	59.3	54.9	49.8	60.0
<b>GENDER</b>							
Female	2,289	57.6	54.6	60.7	58.1	54.9	61.2
Male	1,257	55.0	50.9	59.1	55.4	51.2	59.5
<b>RACE</b>							
African-American	436	62.6	53.8	71.3	62.2	53.4	70.9
Other	210	46.0	33.5	58.6	49.9	40.5	59.3
White	2,419	56.7	53.7	59.6	57.7	54.5	60.8
<b>EDUCATION</b>							
< High School	415	53.0	45.4	60.6	54.3	46.2	62.5
High School	1,156	58.0	53.7	62.3	58.9	54.2	63.5
High School +	1,966	56.5	53.2	59.8	56.5	53.2	59.7
<b>INCOME</b>							
<\$15,000	583	37.5	30.6	44.4	38.9	31.9	45.9
\$15,000-24,999	737	55.1	49.5	60.6	54.3	48.4	60.2
\$25,000-34,999	387	61.7	54.3	69.1	61.5	53.7	69.2
\$35,000-49,999	437	60.0	53.3	66.6	60.7	54.1	67.4
\$50,000-74,999	377	66.6	60.2	72.9	67.4	61.0	73.8
\$75,000+	476	61.5	54.9	68.1	60.9	53.8	68.0

Definition: "0" response to the question "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 2 Healthy Days: Health-related Quality of Life

**Table 2.3.2 Kept from usual activities due to poor physical or mental health 14 or more of the past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,546	18.4	16.5	20.4	18.0	16.1	20.0
<b>REGION</b>							
Central	468	17.4	12.9	21.9	17.6	13.2	22.0
Kansas City Metro	721	16.8	12.2	21.4	16.2	12.0	20.3
Northeast	363	18.5	13.4	23.6	20.0	14.3	25.7
Northwest	318	20.8	13.2	28.4	21.2	13.7	28.7
Southeast	389	29.3	22.7	35.9	28.7	21.1	36.4
Southwest	399	17.8	12.8	22.7	17.0	12.3	21.8
St. Louis Metro	888	17.0	13.4	20.6	16.5	12.9	20.0
<b>GENDER</b>							
Female	2,289	17.0	14.7	19.2	16.6	14.3	18.8
Male	1,257	20.3	16.9	23.6	19.8	16.5	23.1
<b>RACE</b>							
African-American	436	15.5	10.5	20.6	14.9	10.1	19.7
Other	210	25.6	14.8	36.4	24.7	14.7	34.6
White	2,419	18.1	15.8	20.4	17.1	14.7	19.5
<b>EDUCATION</b>							
< High School	415	32.0	25.1	38.8	30.6	23.4	37.8
High School	1,156	20.9	17.3	24.6	20.4	16.6	24.1
High School +	1,966	13.3	11.1	15.5	13.5	11.3	15.7
<b>INCOME</b>							
<\$15,000	583	41.7	34.9	48.6	39.6	33.1	46.2
\$15,000-24,999	737	21.5	17.2	25.8	22.3	17.4	27.1
\$25,000-34,999	387	16.0	10.2	21.8	15.3	10.0	20.6
\$35,000-49,999	437	11.2	6.8	15.7	11.1	6.9	15.4
\$50,000-74,999	377	6.1	3.4	8.9	5.5	3.1	8.0
\$75,000+	476	7.7	4.2	11.3	8.8	4.2	13.3

Definition: “14 or greater” response to the question “During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.1 Limited in activities because of physical, mental or emotional problems**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,043	24.2	22.7	25.7	23.2	21.7	24.7
<b>REGION</b>							
Central	893	22.8	19.3	26.2	22.3	18.9	25.7
Kansas City Metro	1,432	22.5	19.4	25.6	21.4	18.5	24.3
Northeast	741	25.6	21.3	29.9	24.4	19.6	29.1
Northwest	699	22.5	17.9	27.1	22.5	17.5	27.5
Southeast	753	29.4	24.9	33.8	27.5	22.9	32.2
Southwest	794	26.0	22.0	30.0	24.2	20.2	28.2
St. Louis Metro	1,731	23.5	20.6	26.4	22.7	19.7	25.7
<b>GENDER</b>							
Female	4,325	23.2	21.4	25.1	21.9	20.1	23.7
Male	2,718	25.2	22.9	27.6	24.5	22.1	26.9
<b>RACE</b>							
African-American	839	19.4	15.0	23.8	19.3	14.9	23.7
Other	360	24.8	17.5	32.2	28.3	21.4	35.2
White	4,957	24.8	23.1	26.6	22.6	20.6	24.6
<b>EDUCATION</b>							
< High School	732	39.1	33.5	44.7	38.4	32.4	44.5
High School	2,409	24.4	21.9	27.0	22.5	19.9	25.1
High School +	3,884	20.5	18.8	22.3	20.2	18.5	21.9
<b>INCOME</b>							
<\$15,000	857	49.8	44.1	55.5	50.3	45.0	55.6
\$15,000-24,999	1,241	32.4	28.5	36.3	32.3	28.2	36.3
\$25,000-34,999	769	24.6	20.1	29.0	22.2	17.8	26.6
\$35,000-49,999	884	21.1	17.1	25.1	20.1	15.8	24.3
\$50,000-74,999	867	12.0	9.4	14.5	11.5	9.1	13.9
\$75,000+	1,209	14.0	11.1	16.9	13.3	10.6	16.1

Definition: "Yes" response to the question "Are you limited in any way in any activities because of physical, mental or emotional problems?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.2 Has health problem that requires use of special equipment**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,050	10.4	9.4	11.3	9.5	8.6	10.5
<b>REGION</b>							
Central	892	8.6	6.6	10.7	8.3	6.2	10.5
Kansas City Metro	1,430	9.5	7.5	11.5	8.9	7.0	10.8
Northeast	739	8.8	6.6	11.0	7.2	5.5	9.0
Northwest	701	9.0	6.3	11.6	8.7	6.0	11.4
Southeast	755	14.1	10.6	17.6	12.4	9.0	15.9
Southwest	797	12.1	9.3	15.0	11.1	8.4	13.8
St. Louis Metro	1,736	10.0	8.2	11.9	9.2	7.5	11.0
<b>GENDER</b>							
Female	4,326	9.8	8.7	10.9	8.5	7.5	9.6
Male	2,724	11.0	9.3	12.6	10.5	8.9	12.1
<b>RACE</b>							
African-American	837	12.5	9.0	16.0	12.2	9.0	15.4
Other	360	10.5	4.9	16.1	13.4	7.3	19.5
White	4,965	10.4	9.2	11.5	8.3	7.2	9.4
<b>EDUCATION</b>							
< High School	736	19.9	15.6	24.1	17.6	13.7	21.6
High School	2,407	9.9	8.3	11.4	8.3	6.8	9.7
High School +	3,889	8.3	7.2	9.5	8.4	7.2	9.5
<b>INCOME</b>							
<\$15,000	856	25.0	20.3	29.6	25.1	20.6	29.6
\$15,000-24,999	1,244	16.0	13.0	19.0	15.4	12.2	18.6
\$25,000-34,999	771	10.3	7.2	13.3	7.9	4.9	10.9
\$35,000-49,999	886	7.9	5.4	10.5	7.5	4.8	10.1
\$50,000-74,999	868	4.3	2.8	5.9	4.3	2.9	5.7
\$75,000+	1,207	3.4	2.2	4.6	3.8	2.6	5.1

Definition: "Yes" response to the question "Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed or a special telephone? Include occasional use or use in certain circumstances."



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.3 Blind or had serious difficulty seeing even when wearing glasses**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,036	4.7	4.0	5.5	4.5	3.8	5.3
<b>REGION</b>							
Central	892	5.8	3.6	8.1	5.4	3.3	7.5
Kansas City Metro	1,431	4.5	3.0	6.0	4.4	2.9	5.9
Northeast	738	5.5	3.3	7.7	5.1	2.9	7.3
Northwest	700	5.1	2.1	8.2	5.8	1.7	9.8
Southeast	751	7.0	4.7	9.4	6.9	4.3	9.5
Southwest	793	3.5	1.9	5.0	3.2	1.7	4.6
St. Louis Metro	1,731	4.2	2.8	5.7	3.9	2.6	5.3
<b>GENDER</b>							
Female	4,317	4.7	3.8	5.6	4.4	3.5	5.3
Male	2,719	4.7	3.5	5.9	4.6	3.4	5.8
<b>RACE</b>							
African-American	837	5.6	3.0	8.1	5.6	3.0	8.2
Other	359	10.2	4.6	15.9	11.8	5.7	17.9
White	4,954	4.0	3.2	4.7	3.5	2.7	4.2
<b>EDUCATION</b>							
< High School	731	11.7	8.2	15.3	11.4	7.8	15.1
High School	2,404	5.0	3.7	6.2	4.8	3.4	6.1
High School +	3,883	2.9	2.2	3.6	2.8	2.1	3.5
<b>INCOME</b>							
<\$15,000	853	12.7	9.2	16.2	12.8	9.2	16.4
\$15,000-24,999	1,242	8.6	6.0	11.2	8.4	5.8	11.1
\$25,000-34,999	771	3.9	1.8	6.1	3.8	1.2	6.4
\$35,000-49,999	886	2.1	0.9	3.3	2.1	0.7	3.4
\$50,000-74,999	867	1.6	0.5	2.7	1.4	0.5	2.3
\$75,000+	1,204	1.5	0.5	2.5	1.5	0.4	2.5

Definition: “Yes” response to the question “Are you blind or do you have serious difficulty seeing, even when wearing glasses?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.4 Had serious difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional condition**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,006	12.3	11.1	13.5	12.4	11.1	13.6
<b>REGION</b>							
Central	886	10.8	8.3	13.4	11.1	8.3	13.8
Kansas City Metro	1,425	10.7	8.1	13.2	10.6	8.1	13.1
Northeast	737	11.7	8.6	14.8	11.2	8.0	14.5
Northwest	696	12.0	8.0	15.9	12.6	8.0	17.2
Southeast	749	16.9	12.9	20.9	17.7	13.2	22.2
Southwest	790	14.3	10.8	17.8	14.7	10.9	18.6
St. Louis Metro	1,723	11.6	9.4	13.8	11.4	9.2	13.7
<b>GENDER</b>							
Female	4,303	12.9	11.3	14.5	13.1	11.4	14.8
Male	2,703	11.6	9.7	13.4	11.6	9.7	13.5
<b>RACE</b>							
African-American	832	12.8	8.4	17.2	12.9	8.4	17.4
Other	357	18.6	11.7	25.5	19.3	12.6	26.1
White	4,937	10.7	9.5	12.0	10.9	9.5	12.4
<b>EDUCATION</b>							
< High School	728	22.9	18.2	27.7	23.8	18.6	29.0
High School	2,389	13.3	11.0	15.5	13.3	10.9	15.8
High School +	3,872	9.1	7.8	10.4	9.3	7.9	10.6
<b>INCOME</b>							
<\$15,000	848	33.5	28.3	38.8	34.7	29.3	40.1
\$15,000-24,999	1,235	20.7	16.8	24.6	22.5	18.2	26.8
\$25,000-34,999	765	9.8	6.5	13.2	9.7	6.3	13.2
\$35,000-49,999	883	7.4	5.0	9.8	7.0	4.4	9.6
\$50,000-74,999	866	4.0	2.1	5.8	4.3	2.1	6.5
\$75,000+	1,206	3.7	2.3	5.1	3.5	1.9	5.1

Definition: “Yes” response to the question “Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.5 Had serious difficulty walking or climbing stairs**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,013	16.1	14.9	17.3	15.0	13.8	16.2
<b>REGION</b>							
Central	889	15.0	12.3	17.7	14.4	11.8	17.1
Kansas City Metro	1,425	15.1	12.3	17.8	14.0	11.5	16.5
Northeast	738	14.7	11.7	17.6	13.0	10.1	16.0
Northwest	697	15.3	11.4	19.2	15.3	10.8	19.8
Southeast	752	25.3	20.8	29.7	23.4	18.8	28.1
Southwest	789	15.4	12.4	18.3	13.6	10.9	16.3
St. Louis Metro	1,723	15.2	12.9	17.5	14.0	11.9	16.2
<b>GENDER</b>							
Female	4,302	17.2	15.7	18.8	15.5	14.0	16.9
Male	2,711	14.9	13.0	16.9	14.3	12.4	16.2
<b>RACE</b>							
African-American	831	17.5	13.4	21.7	17.1	13.3	20.9
Other	357	16.6	10.2	23.0	21.7	15.7	27.7
White	4,942	16.1	14.7	17.5	13.4	12.0	14.9
<b>EDUCATION</b>							
< High School	729	31.3	26.2	36.4	28.8	23.9	33.7
High School	2,391	17.6	15.4	19.7	15.4	13.4	17.5
High School +	3,875	11.6	10.3	13.0	11.4	10.1	12.8
<b>INCOME</b>							
<\$15,000	850	34.7	29.4	39.9	35.0	30.0	39.9
\$15,000-24,999	1,234	26.2	22.5	29.9	25.2	21.5	28.9
\$25,000-34,999	769	19.5	15.2	23.7	16.2	12.1	20.3
\$35,000-49,999	883	10.3	7.6	13.0	9.3	6.7	12.0
\$50,000-74,999	867	7.2	5.2	9.2	6.8	4.9	8.6
\$75,000+	1,205	4.7	3.2	6.2	4.9	3.5	6.4

Definition: "Yes" response to the question "Do you have serious difficulty walking or climbing stairs?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.6 Had difficulty dressing or bathing**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,026	4.7	3.9	5.4	4.4	3.7	5.1
<b>REGION</b>							
Central	891	4.3	2.5	6.1	4.4	2.4	6.4
Kansas City Metro	1,429	3.4	2.0	4.8	3.2	1.9	4.5
Northeast	737	3.8	2.3	5.3	3.4	2.0	4.9
Northwest	696	2.7	1.4	4.0	2.8	1.2	4.3
Southeast	751	7.2	4.7	9.6	6.5	4.0	9.1
Southwest	794	4.4	2.8	6.1	4.2	2.5	5.8
St. Louis Metro	1,728	5.3	3.8	6.8	4.8	3.4	6.2
<b>GENDER</b>							
Female	4,312	4.4	3.5	5.2	4.0	3.2	4.8
Male	2,714	5.0	3.8	6.2	4.8	3.6	6.0
<b>RACE</b>							
African-American	831	4.8	2.6	7.0	4.7	2.5	6.9
Other	360	6.4	1.4	11.3	7.4	2.2	12.7
White	4,949	4.3	3.5	5.1	3.8	3.0	4.6
<b>EDUCATION</b>							
< High School	731	10.6	7.3	14.0	10.0	6.8	13.3
High School	2,398	4.6	3.5	5.6	4.2	3.1	5.3
High School +	3,880	3.3	2.5	4.1	3.2	2.4	4.0
<b>INCOME</b>							
<\$15,000	853	12.9	9.5	16.4	12.9	9.5	16.4
\$15,000-24,999	1,236	6.9	4.6	9.3	7.1	4.4	9.8
\$25,000-34,999	770	4.6	2.3	7.0	4.2	1.9	6.5
\$35,000-49,999	884	3.3	1.4	5.1	3.1	1.2	5.0
\$50,000-74,999	868	1.4	0.6	2.2	1.3	0.6	1.9
\$75,000+	1,206	1.5	0.5	2.4	1.4	0.5	2.4

Definition: "Yes" response to the question "Do you have difficulty dressing or bathing?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 3 Disability

**Table 3.7 Had difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental or emotional condition**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,017	8.4	7.5	9.4	8.3	7.3	9.3
<b>REGION</b>							
Central	888	8.4	6.0	10.9	8.6	6.1	11.2
Kansas City Metro	1,428	6.7	4.8	8.6	6.5	4.6	8.4
Northeast	737	6.4	4.5	8.4	5.9	3.9	7.9
Northwest	695	7.7	4.3	11.2	8.2	3.9	12.5
Southeast	752	11.4	8.2	14.5	10.9	7.5	14.4
Southwest	792	8.3	5.9	10.8	8.4	5.7	11.0
St. Louis Metro	1,725	9.0	7.1	10.9	8.8	6.8	10.7
<b>GENDER</b>							
Female	4,306	9.4	8.2	10.6	9.0	7.7	10.3
Male	2,711	7.4	5.9	8.9	7.4	5.8	9.0
<b>RACE</b>							
African-American	831	8.1	5.4	10.8	8.0	5.3	10.8
Other	360	14.3	7.4	21.1	14.4	7.9	21.0
White	4,944	7.9	6.8	9.0	7.7	6.5	9.0
<b>EDUCATION</b>							
< High School	726	18.7	14.6	22.9	18.4	14.0	22.9
High School	2,395	9.3	7.4	11.1	9.3	7.2	11.4
High School +	3,879	5.5	4.5	6.5	5.5	4.5	6.6
<b>INCOME</b>							
<\$15,000	850	24.9	20.2	29.5	25.5	20.6	30.4
\$15,000-24,999	1,237	13.9	10.6	17.1	14.9	11.2	18.6
\$25,000-34,999	768	8.4	5.6	11.2	8.4	5.0	11.8
\$35,000-49,999	883	3.3	1.6	5.0	2.9	1.4	4.3
\$50,000-74,999	867	2.1	0.8	3.4	2.2	0.6	3.9
\$75,000+	1,206	1.8	0.7	3.0	1.7	0.5	2.9

Definition: "Yes" response to the question "Do you have difficulty dressing or bathing?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access Table 4.1.1 No health care coverage

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,096	15.1	13.8	16.4	16.1	14.7	17.5
<b>REGION</b>							
Central	897	15.7	12.3	19.2	16.2	12.6	19.8
Kansas City Metro	1,441	15.6	12.7	18.5	16.5	13.4	19.6
Northeast	741	17.8	13.3	22.2	20.4	15.5	25.2
Northwest	707	12.0	8.1	15.9	11.8	8.1	15.4
Southeast	757	16.1	12.3	20.0	16.9	12.6	21.2
Southwest	802	17.5	13.7	21.4	19.5	15.3	23.7
St. Louis Metro	1,751	13.3	10.9	15.7	14.2	11.6	16.8
<b>GENDER</b>							
Female	4,355	14.5	12.8	16.2	15.7	13.8	17.6
Male	2,741	15.8	13.7	17.8	16.5	14.3	18.6
<b>RACE</b>							
African-American	850	18.4	13.4	23.5	18.9	13.8	24.1
Other	362	24.3	17.3	31.4	22.2	16.0	28.4
White	4,996	12.0	10.6	13.4	14.2	12.5	16.0
<b>EDUCATION</b>							
< High School	734	28.1	22.8	33.4	32.6	26.5	38.7
High School	2,427	17.6	15.2	19.9	20.3	17.5	23.1
High School +	3,917	10.6	9.1	12.1	10.7	9.2	12.2
<b>INCOME</b>							
<\$15,000	865	33.6	28.0	39.2	34.5	29.0	40.0
\$15,000-24,999	1,249	27.5	23.6	31.3	31.7	27.5	35.8
\$25,000-34,999	781	16.2	12.0	20.4	19.2	14.2	24.2
\$35,000-49,999	889	10.4	7.4	13.5	11.4	8.1	14.7
\$50,000-74,999	872	4.9	2.6	7.1	4.7	2.5	6.8
\$75,000+	1,212	2.5	1.2	3.7	2.3	0.9	3.8

Definition: “No” response to the question “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs or government plans such as Medicare?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.1.2 No health care coverage: Age 18-64**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,388	18.8	17.2	20.4	16.0	14.6	17.5
<b>REGION</b>							
Central	600	19.2	15.0	23.4	16.0	12.4	19.6
Kansas City Metro	938	19.2	15.6	22.7	16.5	13.4	19.5
Northeast	413	23.0	17.4	28.7	20.2	15.4	25.1
Northwest	400	14.9	10.1	19.7	11.7	8.0	15.4
Southeast	458	20.7	15.8	25.6	16.8	12.5	21.0
Southwest	462	22.5	17.6	27.4	19.5	15.3	23.7
St. Louis Metro	1,117	16.4	13.4	19.3	14.1	11.5	16.8
<b>GENDER</b>							
Female	2,584	18.4	16.2	20.5	15.6	13.8	17.5
Male	1,804	19.2	16.7	21.7	16.4	14.3	18.6
<b>RACE</b>							
African-American	523	22.4	16.2	28.6	18.7	13.6	23.9
Other	261	26.7	19.0	34.4	22.1	15.9	28.3
White	2,852	16.0	14.1	17.8	14.1	12.4	15.9
<b>EDUCATION</b>							
< High School	358	37.4	30.5	44.4	32.4	26.2	38.5
High School	1,349	23.0	19.9	26.1	20.2	17.4	23.1
High School +	2,676	12.6	10.9	14.4	10.7	9.2	12.2
<b>INCOME</b>							
<\$15,000	553	39.9	33.4	46.4	34.3	28.8	39.9
\$15,000-24,999	675	36.0	31.0	41.0	31.5	27.3	35.7
\$25,000-34,999	398	23.1	17.2	28.9	19.2	14.1	24.2
\$35,000-49,999	587	13.1	9.3	16.9	11.4	8.1	14.7
\$50,000-74,999	637	5.7	3.0	8.4	4.7	2.5	6.8
\$75,000+	997	2.7	1.3	4.1	2.3	0.9	3.8

Definition: Among respondents age 18-64: “No” response to the question “Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs or government plans such as Medicare?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.2.1 Think of one person as personal doctor or health care provider**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,106	73.6	72.1	75.2	72.5	70.8	74.1
<b>REGION</b>							
Central	897	73.6	69.6	77.6	73.1	69.0	77.2
Kansas City Metro	1,445	72.7	69.2	76.1	71.5	68.0	75.0
Northeast	745	69.8	64.9	74.7	68.4	63.2	73.6
Northwest	705	72.1	66.7	77.5	72.2	67.0	77.4
Southeast	758	74.6	70.2	79.0	72.1	67.1	77.1
Southwest	800	69.8	65.3	74.3	68.0	63.2	72.8
St. Louis Metro	1,756	76.2	73.3	79.0	75.2	72.2	78.3
<b>GENDER</b>							
Female	4,363	78.5	76.6	80.4	77.3	75.2	79.3
Male	2,743	68.4	65.9	71.0	67.5	64.9	70.1
<b>RACE</b>							
African-American	852	74.8	68.9	80.7	74.3	68.5	80.2
Other	362	58.5	50.1	67.0	61.5	54.6	68.5
White	5,000	77.9	76.2	79.5	75.2	73.2	77.3
<b>EDUCATION</b>							
< High School	738	65.2	59.8	70.7	62.3	56.3	68.4
High School	2,426	71.5	68.7	74.3	68.3	65.1	71.5
High School +	3,922	77.0	75.0	78.9	76.8	74.8	78.8
<b>INCOME</b>							
<\$15,000	866	67.2	61.8	72.5	66.2	60.8	71.6
\$15,000-24,999	1,249	63.4	59.2	67.6	61.2	56.8	65.6
\$25,000-34,999	782	72.5	67.6	77.4	69.7	64.0	75.4
\$35,000-49,999	890	76.8	72.8	80.8	75.9	71.6	80.3
\$50,000-74,999	874	78.0	74.0	82.1	76.5	72.2	80.8
\$75,000+	1,212	82.7	79.7	85.8	82.1	78.6	85.6

Definition: “Yes, only one” response to “Do you have one person you think of as your personal doctor or health care provider?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.2.2 Think of no person as personal doctor or health care provider**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,106	20.5	19.1	22.0	22.0	20.4	23.6
<b>REGION</b>							
Central	897	19.3	15.5	23.1	19.8	16.0	23.6
Kansas City Metro	1,445	22.2	19.0	25.4	23.6	20.3	26.9
Northeast	745	20.3	15.9	24.8	22.4	17.6	27.2
Northwest	705	21.4	16.2	26.6	21.8	16.8	26.8
Southeast	758	20.5	16.3	24.8	23.5	18.6	28.4
Southwest	800	23.8	19.4	28.2	26.2	21.5	30.8
St. Louis Metro	1,756	18.6	15.9	21.2	19.8	16.9	22.7
<b>GENDER</b>							
Female	4,363	15.4	13.7	17.1	16.9	15.0	18.8
Male	2,743	26.0	23.5	28.5	27.2	24.7	29.7
<b>RACE</b>							
African-American	852	20.3	14.6	25.9	20.8	15.3	26.4
Other	362	34.8	26.6	43.1	31.2	24.8	37.6
White	5,000	15.9	14.4	17.4	19.2	17.3	21.1
<b>EDUCATION</b>							
< High School	738	28.3	22.9	33.6	31.4	25.5	37.3
High School	2,426	21.9	19.3	24.5	25.8	22.8	28.9
High School +	3,922	17.8	16.0	19.6	18.0	16.2	19.9
<b>INCOME</b>							
<\$15,000	866	25.9	20.7	31.1	26.7	21.4	32.0
\$15,000-24,999	1,249	30.1	26.0	34.2	33.0	28.7	37.2
\$25,000-34,999	782	19.5	15.1	23.9	22.1	17.1	27.2
\$35,000-49,999	890	18.4	14.7	22.2	19.9	15.8	24.0
\$50,000-74,999	874	17.2	13.4	21.0	18.6	14.6	22.7
\$75,000+	1,212	12.4	9.6	15.3	13.4	10.1	16.7

Definition: “No” response to “Do you have one person you think of as your personal doctor or health care provider?” AND “No person” response to “Is there more than one, or is there no person who you think of as your personal doctor or health care provider?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.2.3 Think of more than one person as personal doctor or health care provider**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,106	5.8	5.1	6.6	5.5	4.8	6.3
<b>REGION</b>							
Central	897	7.1	5.0	9.1	7.1	4.8	9.5
Kansas City Metro	1,445	5.2	3.4	6.9	4.9	3.3	6.5
Northeast	745	9.8	6.7	12.9	9.2	6.0	12.4
Northwest	705	6.5	4.2	8.9	6.0	3.8	8.1
Southeast	758	4.9	3.2	6.5	4.5	2.8	6.1
Southwest	800	6.4	4.5	8.4	5.9	4.0	7.8
St. Louis Metro	1,756	5.3	4.0	6.6	5.0	3.7	6.3
<b>GENDER</b>							
Female	4,363	6.1	5.1	7.1	5.9	4.8	6.9
Male	2,743	5.6	4.5	6.6	5.3	4.3	6.3
<b>RACE</b>							
African-American	852	4.9	2.6	7.2	4.9	2.6	7.2
Other	362	6.6	3.1	10.2	7.3	3.7	10.8
White	5,000	6.3	5.4	7.2	5.6	4.6	6.5
<b>EDUCATION</b>							
< High School	738	6.5	4.3	8.7	6.3	3.8	8.7
High School	2,426	6.6	5.2	8.0	5.9	4.5	7.3
High School +	3,922	5.3	4.4	6.2	5.2	4.3	6.1
<b>INCOME</b>							
<\$15,000	866	7.0	4.6	9.3	7.1	4.5	9.7
\$15,000-24,999	1,249	6.5	4.7	8.3	5.8	4.2	7.5
\$25,000-34,999	782	8.1	5.1	11.1	8.2	4.8	11.6
\$35,000-49,999	890	4.8	3.0	6.5	4.2	2.7	5.7
\$50,000-74,999	874	4.8	2.9	6.7	4.9	2.9	6.9
\$75,000+	1,212	4.8	3.4	6.2	4.6	3.1	6.0

Definition: “No” response to the question “Do you have one person you think of as your personal doctor or health care provider?” OR “More than one” response to “Do you have one person you think of as your personal doctor or health care provider?” AND “More than one” response to “Is there more than one, or is there no person who you think of as your personal doctor or health care provider?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.3 Needed to see a doctor in past 12 months but could not due to cost**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,100	16.1	14.7	17.5	16.9	15.4	18.4
<b>REGION</b>							
Central	894	14.0	10.8	17.2	15.1	11.6	18.5
Kansas City Metro	1,445	13.9	11.2	16.6	14.3	11.4	17.1
Northeast	745	14.4	10.7	18.2	15.3	11.2	19.4
Northwest	705	12.6	8.7	16.5	12.3	8.5	16.1
Southeast	756	19.1	15.0	23.2	19.8	15.4	24.3
Southwest	803	18.6	14.7	22.5	20.1	15.9	24.4
St. Louis Metro	1,752	16.8	14.0	19.5	17.5	14.5	20.5
<b>GENDER</b>							
Female	4,358	17.7	15.9	19.6	19.1	17.0	21.1
Male	2,742	14.4	12.3	16.5	14.8	12.6	17.0
<b>RACE</b>							
African-American	850	21.5	15.4	27.5	21.9	16.0	27.7
Other	363	23.3	15.8	30.8	22.5	15.1	30.0
White	4,998	12.4	11.0	13.9	14.2	12.5	16.0
<b>EDUCATION</b>							
< High School	732	27.7	22.2	33.2	30.0	23.8	36.1
High School	2,428	16.9	14.5	19.3	18.9	16.1	21.7
High School +	3,920	12.8	11.2	14.4	13.0	11.4	14.7
<b>INCOME</b>							
<\$15,000	864	38.4	32.6	44.2	39.8	34.1	45.4
\$15,000-24,999	1,247	30.9	26.7	35.1	33.3	28.8	37.8
\$25,000-34,999	780	13.8	10.0	17.6	16.2	11.5	21.0
\$35,000-49,999	890	12.0	8.6	15.5	13.1	9.1	17.1
\$50,000-74,999	873	9.6	6.6	12.5	9.7	6.7	12.8
\$75,000+	1,210	3.2	1.6	4.7	2.9	1.3	4.6

Definition: “Yes” response to the question “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.4.1 Had routine checkup by doctor within past year**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,008	67.1	65.4	68.8	65.6	63.8	67.3
<b>REGION</b>							
Central	880	63.0	58.8	67.3	61.8	57.6	65.9
Kansas City Metro	1,430	66.3	62.8	69.9	65.5	61.8	69.1
Northeast	733	63.0	58.0	68.1	60.1	54.8	65.4
Northwest	694	69.6	64.1	75.1	69.2	63.7	74.8
Southeast	744	67.7	62.9	72.4	63.2	58.1	68.4
Southwest	795	62.4	57.7	67.2	59.4	54.4	64.3
St. Louis Metro	1,732	71.1	67.8	74.3	70.4	66.9	73.8
<b>GENDER</b>							
Female	4,294	72.4	70.3	74.4	70.4	68.2	72.7
Male	2,714	61.6	58.9	64.4	60.7	58.1	63.4
<b>RACE</b>							
African-American	849	76.9	71.0	82.8	76.9	71.2	82.7
Other	356	62.3	53.3	71.4	66.8	59.5	74.1
White	4,927	69.6	67.7	71.5	65.3	63.0	67.6
<b>EDUCATION</b>							
< High School	723	62.6	56.9	68.3	58.7	52.2	65.2
High School	2,394	66.8	64.0	69.7	63.0	59.7	66.4
High School +	3,872	68.3	66.1	70.6	68.1	65.9	70.3
<b>INCOME</b>							
<\$15,000	851	68.2	62.9	73.5	66.7	61.2	72.3
\$15,000-24,999	1,232	60.6	56.4	64.9	57.2	52.6	61.7
\$25,000-34,999	772	67.6	62.5	72.7	63.1	57.1	69.2
\$35,000-49,999	878	68.9	64.4	73.4	67.2	62.6	71.7
\$50,000-74,999	865	66.8	62.1	71.5	66.8	62.1	71.4
\$75,000+	1,203	69.5	65.7	73.4	69.1	64.7	73.5

Definition: “Within past year (anytime less than 12 months ago)” response to the question “About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.4.2 Had routine checkup by doctor more than 1 year ago but less than 2 years**  
Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,008	11.1	10.0	12.2	11.4	10.1	12.6
<b>REGION</b>							
Central	880	11.6	8.5	14.7	11.6	8.5	14.7
Kansas City Metro	1,430	13.4	10.9	15.9	13.4	10.8	16.0
Northeast	733	12.8	9.2	16.5	13.4	9.4	17.5
Northwest	694	13.2	8.8	17.6	13.6	9.4	17.9
Southeast	744	9.5	6.3	12.7	10.7	6.9	14.5
Southwest	795	10.6	7.5	13.7	10.8	7.4	14.3
St. Louis Metro	1,732	9.8	7.7	12.0	9.8	7.6	12.0
<b>GENDER</b>							
Female	4,294	10.1	8.7	11.5	10.5	8.9	12.0
Male	2,714	12.1	10.3	14.0	12.2	10.3	14.1
<b>RACE</b>							
African-American	849	8.3	4.3	12.3	8.4	4.6	12.1
Other	356	6.8	3.3	10.3	6.7	3.4	10.0
White	4,927	11.0	9.7	12.3	12.1	10.5	13.7
<b>EDUCATION</b>							
< High School	723	12.5	8.4	16.5	13.8	9.1	18.4
High School	2,394	10.1	8.3	11.9	10.2	8.2	12.1
High School +	3,872	11.3	9.8	12.8	11.3	9.8	12.9
<b>INCOME</b>							
<\$15,000	851	10.3	6.8	13.8	11.3	7.3	15.3
\$15,000-24,999	1,232	10.9	8.1	13.7	11.3	8.3	14.4
\$25,000-34,999	772	7.1	4.7	9.6	7.6	4.7	10.5
\$35,000-49,999	878	12.3	9.0	15.5	13.1	9.6	16.6
\$50,000-74,999	865	13.2	9.6	16.9	12.5	9.0	16.1
\$75,000+	1,203	11.1	8.8	13.5	10.4	8.0	12.8

Definition: “Within past two years (1 year but less than 2 years ago)” response to the question “About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.4.3 Had routine checkup more than 2 years ago but less than 5 years**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,008	9.1	8.1	10.1	9.5	8.4	10.7
<b>REGION</b>							
Central	880	11.1	8.3	13.9	11.6	8.8	14.4
Kansas City Metro	1,430	9.5	7.3	11.7	9.6	7.3	11.9
Northeast	733	10.1	6.9	13.3	10.3	6.9	13.7
Northwest	694	8.1	5.0	11.2	8.1	5.1	11.1
Southeast	744	8.6	5.5	11.6	9.7	6.1	13.4
Southwest	795	10.2	7.2	13.3	10.9	7.6	14.3
St. Louis Metro	1,732	7.9	5.9	9.8	8.2	6.1	10.3
<b>GENDER</b>							
Female	4,294	8.2	6.9	9.5	8.9	7.4	10.3
Male	2,714	10.0	8.4	11.7	10.2	8.4	11.9
<b>RACE</b>							
African-American	849	4.8	2.4	7.1	4.4	2.2	6.6
Other	356	11.1	5.5	16.8	8.6	4.5	12.7
White	4,927	8.3	7.1	9.5	9.8	8.3	11.4
<b>EDUCATION</b>							
< High School	723	9.9	6.4	13.4	11.1	6.8	15.4
High School	2,394	8.7	6.8	10.5	9.6	7.5	11.6
High School +	3,872	9.2	7.8	10.6	9.2	7.8	10.5
<b>INCOME</b>							
<\$15,000	851	7.4	4.7	10.1	7.3	4.7	9.9
\$15,000-24,999	1,232	12.6	9.6	15.5	12.6	9.6	15.5
\$25,000-34,999	772	11.4	7.4	15.3	14.3	9.2	19.4
\$35,000-49,999	878	6.8	4.3	9.2	6.4	4.1	8.7
\$50,000-74,999	865	7.7	5.3	10.2	8.2	5.5	10.8
\$75,000+	1,203	9.5	7.1	11.9	9.7	7.0	12.4

Definition: “Within past 5 years (2 years but less than 5 years ago)” response to the question “About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.4.4 Had routine checkup 5 or more years ago**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,008	10.9	9.7	12.1	11.7	10.4	13.0
<b>REGION</b>							
Central	880	13.1	9.9	16.2	14.0	10.7	17.3
Kansas City Metro	1,430	9.5	7.1	11.8	10.4	7.8	12.9
Northeast	733	11.6	8.2	14.9	13.2	9.2	17.2
Northwest	694	5.9	3.5	8.4	5.7	3.3	8.1
Southeast	744	12.2	8.9	15.5	14.1	10.2	18.0
Southwest	795	12.8	9.4	16.2	14.3	10.6	18.0
St. Louis Metro	1,732	10.3	7.9	12.6	10.7	8.2	13.2
<b>GENDER</b>							
Female	4,294	8.1	6.8	9.4	8.9	7.4	10.4
Male	2,714	13.8	11.8	15.9	14.5	12.4	16.6
<b>RACE</b>							
African-American	849	8.9	4.6	13.2	9.2	4.9	13.4
Other	356	17.2	8.6	25.9	15.0	9.1	20.9
White	4,927	9.6	8.3	10.9	11.1	9.5	12.6
<b>EDUCATION</b>							
< High School	723	12.1	8.2	15.9	13.2	8.9	17.5
High School	2,394	12.7	10.6	14.8	15.2	12.6	17.8
High School +	3,872	9.6	8.1	11.2	9.9	8.3	11.5
<b>INCOME</b>							
<\$15,000	851	12.0	8.2	15.7	12.5	8.6	16.5
\$15,000-24,999	1,232	14.1	11.0	17.1	16.7	13.1	20.3
\$25,000-34,999	772	13.6	9.9	17.3	14.7	10.5	18.8
\$35,000-49,999	878	8.9	6.1	11.7	10.4	6.8	14.0
\$50,000-74,999	865	10.1	7.2	13.1	10.2	7.2	13.2
\$75,000+	1,203	9.4	6.4	12.5	10.6	6.7	14.5

Definition: “5 or more years ago” response to the question “About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 4 Health Care Access

**Table 4.4.5 Never had a routine checkup by a doctor**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,008	1.8	1.3	2.3	1.9	1.3	2.4
<b>REGION</b>							
Central	880	1.2	0.4	2.1	1.1	0.3	1.8
Kansas City Metro	1,430	1.3	0.4	2.2	1.2	0.3	2.1
Northeast	733	2.5	0.0	4.9	3.0	0.0	6.0
Northwest	694	3.2	1.0	5.5	3.3	1.1	5.5
Southeast	744	2.1	0.5	3.6	2.3	0.4	4.1
Southwest	795	4.0	1.8	6.1	4.5	2.0	7.1
St. Louis Metro	1,732	1.0	0.3	1.7	0.9	0.2	1.6
<b>GENDER</b>							
Female	4,294	1.2	0.7	1.8	1.4	0.8	1.9
Male	2,714	2.4	1.5	3.2	2.4	1.4	3.3
<b>RACE</b>							
African-American	849	1.1	0.0	3.0	1.2	0.0	3.1
Other	356	2.5	0.1	4.9	2.9	0.2	5.5
White	4,927	1.6	1.1	2.1	1.7	1.1	2.3
<b>EDUCATION</b>							
< High School	723	2.9	0.8	5.1	3.2	0.7	5.8
High School	2,394	1.7	1.0	2.4	2.1	1.1	3.0
High School +	3,872	1.6	0.9	2.2	1.5	0.9	2.2
<b>INCOME</b>							
<\$15,000	851	2.2	0.2	4.2	2.1	0.3	4.0
\$15,000-24,999	1,232	1.9	0.7	3.0	2.3	0.7	3.9
\$25,000-34,999	772	0.4	0.0	0.8	0.3	0.0	0.7
\$35,000-49,999	878	3.2	1.3	5.1	3.0	1.3	4.7
\$50,000-74,999	865	2.1	0.4	3.8	2.4	0.4	4.3
\$75,000+	1,203	0.4	0.1	0.8	0.3	0.0	0.5

Definition: "Never" response to the question "About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness or condition."



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Health Risks and Preventive Practices

### Chapter 5 Exercise and Physical Activity

**Table 5.1 No leisure time physical activity in past month**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,794	28.3	26.7	29.9	28.0	26.3	29.6
<b>REGION</b>							
Central	865	25.7	21.8	29.5	25.1	21.3	28.9
Kansas City Metro	1,379	25.8	22.4	29.1	25.6	22.2	29.0
Northeast	717	33.5	28.7	38.4	32.7	27.4	38.0
Northwest	678	29.0	24.0	34.0	28.6	23.8	33.5
Southeast	724	37.7	32.8	42.5	38.5	33.1	44.0
Southwest	772	31.2	26.8	35.7	30.8	26.0	35.6
St. Louis Metro	1,659	26.0	22.9	29.1	25.5	22.3	28.7
<b>GENDER</b>							
Female	4,171	28.6	26.6	30.7	28.0	25.9	30.2
Male	2,623	27.9	25.4	30.4	27.8	25.2	30.4
<b>RACE</b>							
African-American	789	30.6	24.5	36.6	30.5	24.3	36.7
Other	347	29.7	21.5	37.9	33.3	25.3	41.4
White	4,804	28.0	26.2	29.9	26.6	24.6	28.7
<b>EDUCATION</b>							
< High School	699	40.1	34.4	45.8	39.9	33.6	46.1
High School	2,282	34.2	31.3	37.1	33.9	30.6	37.1
High School +	3,797	22.2	20.3	24.1	22.2	20.2	24.1
<b>INCOME</b>							
<\$15,000	805	37.5	31.9	43.1	38.2	32.4	44.0
\$15,000-24,999	1,209	36.7	32.4	40.9	36.9	32.3	41.5
\$25,000-34,999	750	30.6	25.5	35.7	31.2	25.1	37.3
\$35,000-49,999	864	29.6	25.2	33.9	28.4	24.0	32.8
\$50,000-74,999	856	21.0	17.1	24.9	21.2	17.0	25.4
\$75,000+	1,182	17.3	14.2	20.3	16.5	13.3	19.6

Definition: “No” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.2.1 Used walking as the primary source of physical activity among those who participated in any physical activities or exercises in past month**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,390	55.7	53.5	57.9	55.2	52.9	57.4
<b>REGION</b>							
Central	594	56.2	51.1	61.3	56.4	51.4	61.4
Kansas City Metro	945	54.9	50.4	59.4	54.8	50.3	59.3
Northeast	441	64.0	57.7	70.3	63.8	57.5	70.1
Northwest	426	63.1	55.9	70.4	62.5	55.7	69.3
Southeast	420	64.3	58.1	70.5	63.6	56.9	70.3
Southwest	471	61.6	55.6	67.7	60.1	53.7	66.5
St. Louis Metro	1,093	49.9	45.6	54.2	49.3	45.0	53.7
<b>GENDER</b>							
Female	2,626	61.5	58.6	64.3	61.0	58.0	64.1
Male	1,764	49.7	46.3	53.0	49.3	46.1	52.6
<b>RACE</b>							
African-American	467	68.0	59.9	76.2	67.3	59.0	75.6
Other	225	47.3	36.4	58.3	56.6	48.2	64.9
White	3,114	56.3	53.7	58.9	54.4	51.5	57.2
<b>EDUCATION</b>							
< High School	357	64.2	56.5	71.9	65.6	57.7	73.6
High School	1,352	61.1	57.1	65.0	58.8	54.4	63.3
High School +	2,670	51.6	48.8	54.4	51.5	48.9	54.2
<b>INCOME</b>							
<\$15,000	440	63.4	55.9	70.9	64.4	56.9	71.8
\$15,000-24,999	699	64.1	58.6	69.6	64.5	58.6	70.4
\$25,000-34,999	475	58.6	51.9	65.3	59.1	51.6	66.7
\$35,000-49,999	564	49.9	44.0	55.8	49.3	43.3	55.3
\$50,000-74,999	614	54.7	49.2	60.2	53.2	47.6	58.7
\$75,000+	927	50.1	45.5	54.7	48.2	43.8	52.7

Definition: “Yes” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” AND “Walking” response to “What type of physical activity or exercise did you spend the most time doing during the past month?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.2.2 Used aerobics or running as the primary source of physical activity among those who participated in any physical activities or exercises in past month**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,390	20.9	19.0	22.8	21.3	19.4	23.2
<b>REGION</b>							
Central	594	22.0	17.7	26.4	21.0	17.0	24.9
Kansas City Metro	945	21.8	18.0	25.7	21.8	18.0	25.7
Northeast	441	15.2	10.5	19.9	15.3	10.7	20.0
Northwest	426	17.9	12.0	23.8	18.0	12.5	23.4
Southeast	420	14.7	9.3	20.1	14.6	9.7	19.5
Southwest	471	15.9	11.1	20.8	17.9	12.6	23.3
St. Louis Metro	1,093	24.4	20.6	28.2	24.6	20.8	28.5
<b>GENDER</b>							
Female	2,626	16.4	14.2	18.7	16.7	14.4	19.0
Male	1,764	25.6	22.6	28.7	26.0	23.0	28.9
<b>RACE</b>							
African-American	467	14.8	8.9	20.7	15.2	9.1	21.3
Other	225	28.2	18.3	38.2	21.1	13.9	28.3
White	3,114	20.3	18.1	22.5	22.4	19.9	24.8
<b>EDUCATION</b>							
< High School	357	13.6	7.7	19.4	12.9	7.0	18.7
High School	1,352	16.1	12.9	19.3	17.3	13.7	20.9
High School +	2,670	24.6	22.0	27.1	24.3	21.9	26.8
<b>INCOME</b>							
<\$15,000	440	18.5	11.8	25.2	15.6	10.4	20.8
\$15,000-24,999	699	15.8	11.3	20.3	16.0	11.1	20.9
\$25,000-34,999	475	19.4	13.4	25.3	19.4	13.4	25.5
\$35,000-49,999	564	21.4	16.4	26.4	21.1	16.4	25.8
\$50,000-74,999	614	18.4	14.2	22.6	18.9	14.6	23.2
\$75,000+	927	26.6	22.4	30.9	27.7	23.0	32.5

Definition: “Yes” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” AND “Aerobics or running” response to the question “What type of physical activity or exercise did you spend the most time doing during the past month?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.2.3 Used other type of activity as the primary source of physical activity among those who participated in any physical activities or exercises in past month**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,390	23.4	21.5	25.3	23.6	21.6	25.6
<b>REGION</b>							
Central	594	21.8	17.6	26.0	22.6	18.3	27.0
Kansas City Metro	945	23.3	19.4	27.2	23.4	19.5	27.3
Northeast	441	20.8	15.4	26.3	20.9	15.3	26.5
Northwest	426	19.0	13.2	24.7	19.6	13.9	25.2
Southeast	420	21.0	16.3	25.7	21.8	16.2	27.4
Southwest	471	22.4	17.4	27.5	22.0	16.7	27.2
St. Louis Metro	1,093	25.7	21.8	29.7	26.0	21.8	30.2
<b>GENDER</b>							
Female	2,626	22.1	19.7	24.6	22.3	19.6	24.9
Male	1,764	24.7	21.7	27.7	24.7	21.8	27.7
<b>RACE</b>							
African-American	467	17.2	10.5	23.9	17.5	10.6	24.5
Other	225	24.5	13.3	35.7	22.3	14.8	29.9
White	3,114	23.4	21.2	25.6	23.3	20.8	25.7
<b>EDUCATION</b>							
< High School	357	22.3	15.8	28.7	21.5	14.9	28.1
High School	1,352	22.8	19.4	26.2	23.9	19.9	27.9
High School +	2,670	23.8	21.3	26.4	24.1	21.6	26.7
<b>INCOME</b>							
<\$15,000	440	18.1	12.6	23.6	20.1	13.7	26.4
\$15,000-24,999	699	20.1	15.7	24.5	19.4	15.0	23.9
\$25,000-34,999	475	22.1	16.6	27.6	21.5	15.0	28.0
\$35,000-49,999	564	28.7	22.9	34.5	29.6	23.5	35.7
\$50,000-74,999	614	26.9	21.7	32.1	28.0	22.6	33.3
\$75,000+	927	23.3	19.1	27.4	24.0	19.3	28.7

Definition: “Yes” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” AND “Other types of activities” response to “What type of physical activity or exercise did you spend the most time doing during the past month?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.3 Participated in 150 minutes or more of aerobic physical activity per week among adults who participated in physical activity in past month**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,202	47.3	45.4	49.2	46.9	44.9	48.9
<b>REGION</b>							
Central	799	48.7	44.2	53.2	48.9	44.3	53.5
Kansas City Metro	1,268	48.7	44.7	52.7	48.4	44.4	52.4
Northeast	670	42.0	36.9	47.1	41.9	36.3	47.5
Northwest	611	46.1	39.8	52.4	45.5	39.4	51.7
Southeast	656	43.6	38.5	48.7	41.6	36.3	46.8
Southwest	705	45.8	40.8	50.8	44.5	39.3	49.7
St. Louis Metro	1,493	48.5	44.8	52.2	48.3	44.4	52.3
<b>GENDER</b>							
Female	3,793	46.5	44.0	48.9	46.2	43.6	48.8
Male	2,409	48.2	45.3	51.1	47.7	44.7	50.7
<b>RACE</b>							
African-American	705	37.8	31.1	44.6	38.1	31.3	44.9
Other	309	42.8	33.7	51.9	43.4	35.3	51.5
White	4,403	48.7	46.5	50.8	48.2	45.7	50.8
<b>EDUCATION</b>							
< High School	649	36.1	30.2	42.0	35.4	28.7	42.1
High School	2,105	45.6	42.4	48.8	45.2	41.6	48.8
High School +	3,441	51.0	48.6	53.5	50.6	48.1	53.1
<b>INCOME</b>							
<\$15,000	727	38.3	32.4	44.2	37.2	31.2	43.2
\$15,000-24,999	1,111	42.1	37.7	46.6	41.6	36.8	46.4
\$25,000-34,999	684	49.3	43.6	55.0	47.8	41.2	54.5
\$35,000-49,999	809	46.8	41.9	51.8	48.2	42.9	53.5
\$50,000-74,999	779	51.4	46.4	56.3	50.9	45.7	56.2
\$75,000+	1,096	55.2	51.0	59.4	54.6	49.8	59.4

Definition: Calculated from “Yes” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” AND “What type of physical activity or exercise did you spend the most time doing during the past month?” AND “How many times per week or per month did you take part in this activity during the past month?” AND “And when you took part in this activity, for how many minutes or hours did you usually keep at it?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.4 Participated in muscle strengthening exercises two or more times per week**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,736	26.4	24.8	28.0	26.9	25.2	28.7
<b>REGION</b>							
Central	859	26.6	22.6	30.6	26.8	22.8	30.7
Kansas City Metro	1,366	29.0	25.5	32.5	29.2	25.7	32.8
Northeast	712	18.2	14.3	22.1	18.7	14.3	23.0
Northwest	676	25.9	20.1	31.7	26.0	19.9	32.1
Southeast	717	19.3	15.3	23.3	18.3	14.3	22.2
Southwest	766	22.8	18.8	26.9	23.8	19.3	28.3
St. Louis Metro	1,640	29.5	26.2	32.7	30.4	26.8	33.9
<b>GENDER</b>							
Female	4,137	23.6	21.5	25.6	24.0	21.7	26.2
Male	2,599	29.5	26.9	32.0	30.0	27.4	32.6
<b>RACE</b>							
African-American	783	25.6	19.6	31.7	26.4	20.2	32.6
Other	341	28.4	20.9	35.9	26.6	19.7	33.5
White	4,764	25.8	23.9	27.7	27.4	25.1	29.7
<b>EDUCATION</b>							
< High School	695	20.2	15.3	25.0	20.3	15.2	25.4
High School	2,257	19.8	17.2	22.3	20.6	17.6	23.6
High School +	3,769	31.6	29.4	33.9	31.7	29.5	34.0
<b>INCOME</b>							
<\$15,000	798	20.8	16.0	25.6	21.3	16.2	26.5
\$15,000-24,999	1,195	18.7	15.3	22.1	19.1	15.4	22.8
\$25,000-34,999	744	25.1	20.4	29.8	24.6	19.6	29.6
\$35,000-49,999	860	24.0	19.7	28.4	25.5	20.5	30.5
\$50,000-74,999	846	31.3	26.8	35.9	32.8	28.0	37.7
\$75,000+	1,178	33.8	30.0	37.5	35.3	30.8	39.8

Definition: Calculated from responses to the question “During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 5 Exercise and Physical Activity

**Table 5.5 Participated in 150 minutes of aerobic exercises and 2 or more times per week of muscle strengthening exercises among adults who participated in physical activity**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,161	16.4	15.0	17.8	16.4	14.9	17.9
<b>REGION</b>							
Central	795	15.5	12.4	18.6	15.6	12.4	18.8
Kansas City Metro	1,259	20.3	16.9	23.6	20.1	16.7	23.4
Northeast	666	11.3	8.0	14.6	12.0	8.3	15.8
Northwest	609	13.5	8.7	18.4	13.2	8.7	17.8
Southeast	650	10.5	7.3	13.6	9.5	6.6	12.5
Southwest	702	14.6	11.0	18.2	14.9	11.0	18.8
St. Louis Metro	1,480	17.7	14.9	20.6	17.9	14.8	21.0
<b>GENDER</b>							
Female	3,765	15.4	13.6	17.3	15.6	13.5	17.7
Male	2,396	17.4	15.2	19.5	17.2	15.1	19.4
<b>RACE</b>							
African-American	701	14.4	9.5	19.2	14.8	9.7	19.9
Other	307	19.1	12.4	25.8	17.9	11.6	24.1
White	4,372	16.3	14.6	18.0	16.6	14.5	18.6
<b>EDUCATION</b>							
< High School	646	10.0	6.2	13.8	9.9	5.9	13.8
High School	2,088	12.9	10.6	15.2	13.1	10.4	15.8
High School +	3,420	19.9	17.9	21.9	19.8	17.7	21.8
<b>INCOME</b>							
<\$15,000	719	12.1	8.2	16.1	12.0	7.9	16.0
\$15,000-24,999	1,103	12.0	9.1	15.0	12.0	8.8	15.1
\$25,000-34,999	679	15.8	11.6	20.0	15.3	10.9	19.7
\$35,000-49,999	804	15.1	11.1	19.0	16.8	12.0	21.6
\$50,000-74,999	772	21.2	17.0	25.4	21.9	17.3	26.5
\$75,000+	1,093	22.2	18.8	25.6	22.7	18.6	26.8

Definition: Calculated from “Yes” response to the question “During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?” AND “What other type of physical activity gave you the next most exercise during the past month?” AND “How many times per week or per month did you take part in this activity during the past month?” AND “And when you took part in this activity, for how many minutes or hours did you usually keep at it?” AND “During the past month, how many times per week or per month did you do physical activities or exercises to STRENGTHEN your muscles? Do NOT count aerobic activities like walking, running, or bicycling. Count activities using your own body weight like yoga, sit-ups or push-ups and those using weight machines, free weights, or elastic bands.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 6 - Inadequate Sleep

**Table 6.1 On average, slept 1 to 6 hours in a 24-hour period**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,943	32.9	31.1	34.6	33.4	31.6	35.3
<b>REGION</b>							
Central	876	32.9	28.8	37.0	34.2	30.1	38.4
Kansas City Metro	1,409	32.1	28.5	35.7	32.6	28.9	36.2
Northeast	724	27.8	23.5	32.1	27.7	23.0	32.4
Northwest	694	34.2	28.6	39.9	35.2	29.7	40.7
Southeast	734	32.0	27.4	36.5	32.3	27.2	37.4
Southwest	789	30.2	25.7	34.6	30.7	25.9	35.5
St. Louis Metro	1,717	35.1	31.7	38.5	35.5	31.9	39.1
<b>GENDER</b>							
Female	4,246	33.3	31.1	35.5	33.7	31.3	36.0
Male	2,697	32.4	29.7	35.0	33.1	30.3	35.8
<b>RACE</b>							
African-American	814	45.6	38.9	52.3	45.8	39.2	52.4
Other	354	44.6	35.5	53.7	42.4	34.2	50.6
White	4,896	29.1	27.2	31.0	30.5	28.3	32.8
<b>EDUCATION</b>							
< High School	684	41.8	35.8	47.7	43.9	37.4	50.4
High School	2,368	33.0	30.1	35.9	34.7	31.4	38.0
High School +	3,874	30.5	28.2	32.7	30.6	28.4	32.9
<b>INCOME</b>							
<\$15,000	830	48.2	42.4	53.9	50.6	45.1	56.1
\$15,000-24,999	1,224	38.2	33.9	42.5	39.4	34.7	44.0
\$25,000-34,999	771	29.4	24.7	34.1	31.3	25.7	36.9
\$35,000-49,999	883	31.1	26.5	35.7	32.3	27.2	37.4
\$50,000-74,999	865	29.3	25.0	33.6	28.9	24.4	33.4
\$75,000+	1,210	28.9	25.0	32.8	29.9	25.9	33.9

Definition: “1 - 6 hours” response to the question “On average, how many hours of sleep do you get in a 24-hour period?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 6 Inadequate Sleep

**Table 6.2 On average, slept 7 to 8 hours of sleep in a 24-hour period**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,943	58.3	56.5	60.1	57.8	55.9	59.7
<b>REGION</b>							
Central	876	59.4	55.2	63.7	58.4	54.1	62.7
Kansas City Metro	1,409	60.2	56.5	63.9	59.8	56.0	63.6
Northeast	724	63.1	58.5	67.8	63.9	58.8	69.0
Northwest	694	58.5	52.8	64.2	57.8	52.3	63.3
Southeast	734	52.9	48.0	57.9	52.8	47.4	58.3
Southwest	789	58.4	53.7	63.1	57.5	52.5	62.5
St. Louis Metro	1,717	57.6	54.1	61.1	57.2	53.5	60.8
<b>GENDER</b>							
Female	4,246	58.2	55.9	60.5	58.0	55.5	60.5
Male	2,697	58.4	55.6	61.1	57.7	54.8	60.5
<b>RACE</b>							
African-American	814	45.1	38.4	51.7	44.8	38.5	51.1
Other	354	48.6	39.8	57.3	49.7	41.6	57.9
White	4,896	61.4	59.4	63.5	60.5	58.2	62.9
<b>EDUCATION</b>							
< High School	684	44.0	38.2	49.8	41.3	35.2	47.4
High School	2,368	56.6	53.6	59.6	55.6	52.2	59.0
High School +	3,874	62.7	60.5	65.0	62.5	60.2	64.8
<b>INCOME</b>							
<\$15,000	830	38.3	32.9	43.7	36.2	31.3	41.1
\$15,000-24,999	1,224	52.0	47.6	56.3	50.7	46.1	55.3
\$25,000-34,999	771	60.0	54.9	65.1	60.1	54.3	65.9
\$35,000-49,999	883	60.9	56.2	65.6	59.6	54.4	64.8
\$50,000-74,999	865	64.0	59.5	68.6	64.4	59.7	69.1
\$75,000+	1,210	65.8	61.7	69.8	64.2	60.0	68.4

Definition: “7 - 8 hours” response to the question “On average, how many hours of sleep do you get in a 24-hour period?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 6 Inadequate Sleep

**Table 6.3 On average, slept 9 or more hours in a 24-hour period**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,943	8.9	7.9	9.9	8.8	7.7	9.9
<b>REGION</b>							
Central	876	7.7	5.5	9.8	7.4	5.4	9.4
Kansas City Metro	1,409	7.7	5.6	9.7	7.7	5.5	9.8
Northeast	724	9.1	6.5	11.7	8.4	5.5	11.3
Northwest	694	7.3	4.9	9.7	7.1	4.8	9.4
Southeast	734	15.1	11.3	18.9	14.9	10.8	18.9
Southwest	789	11.5	8.5	14.5	11.8	8.4	15.2
St. Louis Metro	1,717	7.3	5.5	9.1	7.3	5.3	9.4
<b>GENDER</b>							
Female	4,246	8.5	7.3	9.7	8.4	7.1	9.7
Male	2,697	9.2	7.6	10.9	9.3	7.5	11.1
<b>RACE</b>							
African-American	814	9.3	5.3	13.4	9.4	5.4	13.3
Other	354	6.9	3.8	10.0	7.9	4.6	11.1
White	4,896	9.5	8.2	10.7	9.0	7.5	10.4
<b>EDUCATION</b>							
< High School	684	14.3	9.9	18.6	14.8	9.6	20.0
High School	2,368	10.4	8.6	12.2	9.7	7.8	11.6
High School +	3,874	6.8	5.7	7.9	6.9	5.8	8.0
<b>INCOME</b>							
<\$15,000	830	13.6	9.8	17.4	13.2	9.5	17.0
\$15,000-24,999	1,224	9.9	7.6	12.1	10.0	7.4	12.6
\$25,000-34,999	771	10.6	7.6	13.6	8.6	6.0	11.3
\$35,000-49,999	883	8.0	5.6	10.4	8.1	5.5	10.8
\$50,000-74,999	865	6.7	4.3	9.1	6.7	4.2	9.2
\$75,000+	1,210	5.3	3.2	7.5	5.9	3.7	8.1

Definition: “9 or more hours” response to the question “On average, how many hours of sleep do you get in a 24-hour period?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 7 Fruit and Vegetable Consumption

### Table 7.1 Ate fruit less than 2 times per day

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,843	74.8	73.3	76.3	75.2	73.6	76.7
<b>REGION</b>							
Central	870	74.5	70.8	78.1	74.4	70.6	78.1
Kansas City Metro	1,393	73.9	70.7	77.1	74.7	71.5	77.8
Northeast	718	81.4	77.9	84.9	81.7	77.9	85.5
Northwest	681	71.7	66.3	77.2	72.4	67.3	77.5
Southeast	727	80.5	76.8	84.2	80.1	75.9	84.3
Southwest	775	78.8	75.1	82.6	79.0	75.0	83.1
St. Louis Metro	1,679	71.6	68.6	74.6	72.2	69.0	75.3
<b>GENDER</b>							
Female	4,212	69.5	67.5	71.6	70.1	67.9	72.4
Male	2,631	80.4	78.3	82.5	80.5	78.4	82.7
<b>RACE</b>							
African-American	799	78.8	73.8	83.9	79.2	74.0	84.4
Other	353	75.0	67.8	82.2	74.8	68.1	81.6
White	4,833	73.6	71.9	75.4	74.9	72.9	76.8
<b>EDUCATION</b>							
< High School	703	82.0	77.8	86.2	82.4	77.9	86.8
High School	2,305	77.9	75.4	80.4	78.6	75.8	81.4
High School +	3,820	71.4	69.3	73.4	71.6	69.5	73.6
<b>INCOME</b>							
<\$15,000	815	76.7	71.9	81.5	77.4	72.5	82.3
\$15,000-24,999	1,213	77.5	74.0	81.0	78.4	74.5	82.2
\$25,000-34,999	755	75.4	71.0	79.9	76.7	71.8	81.7
\$35,000-49,999	866	74.4	70.4	78.4	74.6	70.3	78.9
\$50,000-74,999	861	75.7	71.9	79.4	76.0	72.2	79.8
\$75,000+	1,193	70.7	67.1	74.2	71.0	67.2	74.8

Definition: Calculated from the responses to “During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice AND “During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 7 Fruit and Vegetable Consumption

### Table 7.2 Ate fruit 2 or more times per day

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,843	25.2	23.8	26.7	24.9	23.3	26.4
<b>REGION</b>							
Central	870	25.5	21.9	29.2	25.6	21.9	29.4
Kansas City Metro	1,393	26.1	23.0	29.3	25.3	22.2	28.5
Northeast	718	18.6	15.2	22.1	18.3	14.5	22.1
Northwest	681	28.3	22.8	33.7	27.6	22.5	32.7
Southeast	727	19.5	15.8	23.2	19.9	15.8	24.1
Southwest	775	21.2	17.4	25.0	21.0	16.9	25.0
St. Louis Metro	1,679	28.4	25.4	31.4	27.9	24.7	31.0
<b>GENDER</b>							
Female	4,212	30.5	28.4	32.6	29.9	27.7	32.1
Male	2,631	19.6	17.5	21.7	19.5	17.3	21.6
<b>RACE</b>							
African-American	799	21.2	16.1	26.2	20.8	15.6	26.0
Other	353	25.0	17.8	32.2	25.2	18.4	31.9
White	4,833	26.4	24.6	28.2	25.1	23.2	27.1
<b>EDUCATION</b>							
< High School	703	18.0	13.8	22.2	17.7	13.2	22.1
High School	2,305	22.1	19.6	24.6	21.4	18.6	24.2
High School +	3,820	28.6	26.6	30.7	28.4	26.4	30.5
<b>INCOME</b>							
<\$15,000	815	23.3	18.5	28.1	22.6	17.7	27.5
\$15,000-24,999	1,213	22.5	19.0	26.0	21.7	17.8	25.5
\$25,000-34,999	755	24.6	20.1	29.1	23.3	18.4	28.2
\$35,000-49,999	866	25.6	21.6	29.6	25.4	21.1	29.7
\$50,000-74,999	861	24.3	20.6	28.1	24.0	20.2	27.9
\$75,000+	1,193	29.3	25.8	32.9	29.0	25.2	32.8

Definition: Calculated from the responses to “During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice AND “During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 7 Fruit and Vegetable Consumption

### Table 7.3 Ate vegetables less than 3 times per day

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,840	86.8	85.6	88.1	86.6	85.3	87.9
<b>REGION</b>							
Central	871	87.7	84.8	90.6	87.9	85.1	90.8
Kansas City Metro	1,388	85.9	83.4	88.4	86.0	83.4	88.5
Northeast	720	88.8	85.8	91.8	88.3	84.8	91.7
Northwest	683	81.5	76.8	86.2	81.4	76.7	86.2
Southeast	728	91.7	89.2	94.1	92.3	89.9	94.7
Southwest	773	85.6	82.4	88.8	85.4	81.9	89.0
St. Louis Metro	1,677	86.7	84.2	89.2	86.1	83.4	88.9
<b>GENDER</b>							
Female	4,212	83.5	81.8	85.1	83.1	81.3	84.9
Male	2,628	90.5	88.7	92.3	90.4	88.6	92.2
<b>RACE</b>							
African-American	797	90.9	86.9	94.9	91.1	87.2	95.1
Other	352	81.8	73.4	90.2	84.8	79.3	90.4
White	4,834	87.0	85.7	88.3	86.8	85.3	88.4
<b>EDUCATION</b>							
< High School	701	93.6	91.1	96.1	93.6	90.7	96.4
High School	2,306	89.6	87.6	91.5	89.3	87.0	91.5
High School +	3,817	83.7	81.9	85.5	83.6	81.8	85.5
<b>INCOME</b>							
<\$15,000	813	87.9	84.4	91.5	88.1	84.4	91.7
\$15,000-24,999	1,213	90.3	87.9	92.7	90.2	87.4	93.0
\$25,000-34,999	754	85.6	81.7	89.5	85.5	81.2	89.8
\$35,000-49,999	865	88.4	85.6	91.2	88.3	85.3	91.4
\$50,000-74,999	859	88.2	85.4	91.1	88.1	85.1	91.1
\$75,000+	1,192	81.0	77.5	84.4	81.0	76.8	85.2

Definition: Calculated from the responses to “During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice AND “During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit” AND “During the past month, how many times per day, week, or month did you eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do NOT include long green beans.” AND “During the past month, how many times per day, week, or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?” “AND During the juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 7 Fruit and Vegetable Consumption

### Table 7.4 Ate vegetables 3 or more times per day

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,840	13.2	11.9	14.4	13.4	12.1	14.7
<b>REGION</b>							
Central	871	12.3	9.4	15.2	12.1	9.3	14.9
Kansas City Metro	1,388	14.1	11.6	16.6	14.0	11.5	16.6
Northeast	720	11.2	8.2	14.2	11.7	8.3	15.2
Northwest	683	18.5	13.8	23.2	18.6	13.8	23.3
Southeast	728	8.3	5.9	10.8	7.7	5.3	10.2
Southwest	773	14.4	11.2	17.6	14.6	11.0	18.1
St. Louis Metro	1,677	13.3	10.8	15.8	13.9	11.1	16.6
<b>GENDER</b>							
Female	4,212	16.6	14.9	18.2	16.9	15.1	18.7
Male	2,628	9.5	7.7	11.3	9.6	7.8	11.4
<b>RACE</b>							
African-American	797	9.1	5.1	13.1	8.9	4.9	12.8
Other	352	18.2	9.8	26.6	15.2	9.6	20.7
White	4,834	13.0	11.7	14.3	13.2	11.7	14.8
<b>EDUCATION</b>							
< High School	701	6.4	3.9	8.9	6.4	3.6	9.3
High School	2,306	10.4	8.5	12.4	10.7	8.5	13.0
High School +	3,817	16.3	14.5	18.1	16.4	14.5	18.2
<b>INCOME</b>							
<\$15,000	813	12.1	8.5	15.6	11.9	8.3	15.6
\$15,000-24,999	1,213	9.7	7.3	12.1	9.8	7.0	12.6
\$25,000-34,999	754	14.4	10.5	18.3	14.5	10.2	18.8
\$35,000-49,999	865	11.6	8.8	14.4	11.7	8.6	14.8
\$50,000-74,999	859	11.8	8.9	14.6	11.9	8.9	14.9
\$75,000+	1,192	19.0	15.6	22.5	19.0	14.8	23.2

Definition: Calculated from the responses to “During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice AND “During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit” AND “During the past month, how many times per day, week, or month did you eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do NOT include long green beans.” AND “During the past month, how many times per day, week, or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?” “AND During the juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 7 Fruit and Vegetable Consumption

### Table 7.5 Ate fruits and vegetables 5 or more times per day

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,866	13.5	12.4	14.7	13.6	12.4	14.9
<b>REGION</b>							
Central	871	12.0	9.5	14.5	12.0	9.4	14.7
Kansas City Metro	1,398	14.0	11.5	16.5	13.8	11.2	16.3
Northeast	722	9.8	7.1	12.5	9.8	6.9	12.7
Northwest	683	17.9	12.9	23.0	18.1	13.1	23.0
Southeast	730	8.5	5.9	11.2	8.7	5.5	11.8
Southwest	776	12.7	9.7	15.8	12.7	9.4	16.0
St. Louis Metro	1,686	15.3	13.0	17.7	15.8	13.3	18.4
<b>GENDER</b>							
Female	4,227	17.2	15.5	18.9	17.4	15.6	19.3
Male	2,639	9.5	8.0	11.1	9.6	8.0	11.2
<b>RACE</b>							
African-American	803	10.6	6.9	14.3	10.5	6.7	14.3
Other	356	15.7	10.0	21.5	14.8	9.7	20.0
White	4,844	14.0	12.6	15.4	14.0	12.4	15.6
<b>EDUCATION</b>							
< High School	708	7.2	4.6	9.9	7.5	4.5	10.5
High School	2,315	11.2	9.2	13.1	11.7	9.4	14.0
High School +	3,827	16.4	14.7	18.0	16.3	14.6	18.0
<b>INCOME</b>							
<\$15,000	818	12.6	8.9	16.3	12.7	8.8	16.6
\$15,000-24,999	1,218	10.8	8.2	13.3	10.8	7.9	13.6
\$25,000-34,999	755	13.7	10.1	17.3	14.2	10.0	18.3
\$35,000-49,999	868	13.4	10.3	16.4	13.6	10.2	16.9
\$50,000-74,999	861	12.9	10.0	15.8	13.0	9.9	16.0
\$75,000+	1,193	17.8	14.8	20.8	17.7	14.3	21.0

Definition: Calculated from the responses to “During the past month, how many times per day, week or month did you drink 100% PURE fruit juices? Do not include fruit-flavored drinks with added sugar or fruit juice you made at home and added sugar to. Only include 100% juice AND “During the past month, not counting juice, how many times per day, week, or month did you eat fruit? Count fresh, frozen, or canned fruit” AND “During the past month, how many times per day, week, or month did you eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do NOT include long green beans.” AND “During the past month, how many times per day, week, or month did you eat dark green vegetables for example broccoli or dark leafy greens including romaine, chard, collard greens or spinach?” “AND During the juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried such as baked or mashed potatoes.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 8 Overweight and Obesity

### Table 8.1 Overweight (BMI 25.0-29.9)

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,784	35.1	33.4	36.8	34.4	32.6	36.2
<b>REGION</b>							
Central	866	34.2	30.1	38.2	33.9	29.8	38.0
Kansas City Metro	1,388	33.3	29.8	36.8	32.9	29.3	36.4
Northeast	711	34.9	30.2	39.7	34.8	29.5	40.2
Northwest	668	37.1	31.3	42.8	36.3	30.7	42.0
Southeast	717	33.4	28.7	38.1	32.0	26.9	37.1
Southwest	766	34.3	29.8	38.7	33.8	29.2	38.4
St. Louis Metro	1,668	37.0	33.5	40.4	35.8	32.2	39.3
<b>GENDER</b>							
Female	4,068	28.3	26.2	30.3	27.6	25.4	29.8
Male	2,716	41.9	39.2	44.5	41.2	38.5	43.9
<b>RACE</b>							
African-American	821	34.4	28.2	40.7	34.1	27.7	40.4
Other	338	24.1	15.7	32.5	23.3	16.9	29.7
White	4,790	35.8	33.8	37.8	34.3	32.1	36.6
<b>EDUCATION</b>							
< High School	704	31.3	26.3	36.4	29.7	24.5	35.0
High School	2,331	36.2	33.2	39.1	35.8	32.5	39.1
High School +	3,737	35.3	33.0	37.6	35.0	32.7	37.3
<b>INCOME</b>							
<\$15,000	837	27.3	22.3	32.3	27.1	22.0	32.3
\$15,000-24,999	1,217	32.9	29.0	36.8	31.8	27.7	36.0
\$25,000-34,999	754	33.3	28.2	38.3	31.2	25.7	36.7
\$35,000-49,999	867	39.3	34.6	44.0	38.0	33.0	42.9
\$50,000-74,999	843	38.4	33.8	43.0	37.6	32.9	42.2
\$75,000+	1,161	39.4	35.3	43.5	39.8	35.3	44.3

Definition: Adult reported height and weight converted to Body Mass Index (BMI). Overweight is a BMI of 25.0 through 29.99.



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 8 Overweight and Obesity

### Table 8.2 Obese (BMI 30 and greater)

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,784	30.4	28.8	32.1	30.9	29.1	32.6
<b>REGION</b>							
Central	866	33.6	29.4	37.7	34.4	30.2	38.6
Kansas City Metro	1,388	31.0	27.6	34.5	30.9	27.4	34.4
Northeast	711	33.8	29.1	38.4	33.3	28.3	38.3
Northwest	668	32.2	26.7	37.7	33.6	28.0	39.2
Southeast	717	36.1	31.2	40.9	35.9	30.4	41.4
Southwest	766	31.3	26.6	35.9	31.8	26.9	36.7
St. Louis Metro	1,668	26.5	23.3	29.6	27.4	24.1	30.7
<b>GENDER</b>							
Female	4,068	30.2	28.0	32.3	30.4	28.1	32.7
Male	2,716	30.7	28.1	33.2	31.2	28.6	33.9
<b>RACE</b>							
African-American	821	38.9	32.3	45.5	39.1	32.7	45.5
Other	338	30.3	22.3	38.4	34.4	26.7	42.2
White	4,790	29.6	27.6	31.5	29.9	27.7	32.1
<b>EDUCATION</b>							
< High School	704	31.3	25.7	36.9	32.4	26.2	38.6
High School	2,331	32.0	29.1	34.9	33.3	30.0	36.6
High School +	3,737	29.3	27.2	31.4	29.3	27.2	31.4
<b>INCOME</b>							
<\$15,000	837	29.9	25.0	34.7	30.7	25.7	35.8
\$15,000-24,999	1,217	32.3	28.2	36.4	33.5	29.0	38.1
\$25,000-34,999	754	36.4	31.0	41.7	39.4	33.6	45.1
\$35,000-49,999	867	30.8	26.3	35.3	31.4	26.3	36.4
\$50,000-74,999	843	32.1	27.7	36.5	31.7	27.0	36.3
\$75,000+	1,161	28.0	24.3	31.7	25.7	22.2	29.2

Definition: Adult reported height and weight converted to Body Mass Index (BMI). Obesity is a BMI of 30.0 and greater.

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 9 Tobacco Use

**Table 9.1 Has never smoked cigarettes**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,989	52.7	50.9	54.5	53.3	51.5	55.2
<b>REGION</b>							
Central	887	53.4	49.1	57.6	52.4	48.3	56.6
Kansas City Metro	1,417	53.4	49.6	57.2	54.2	50.4	58.0
Northeast	738	49.7	44.7	54.6	49.3	43.8	54.7
Northwest	695	53.7	47.9	59.5	54.1	48.3	59.8
Southeast	747	48.0	43.1	52.9	47.6	42.3	52.9
Southwest	791	51.2	46.5	56.0	51.7	46.7	56.6
St. Louis Metro	1,714	54.3	50.8	57.8	55.5	51.9	59.2
<b>GENDER</b>							
Female	4,285	57.6	55.3	59.8	58.0	55.6	60.4
Male	2,704	47.6	44.8	50.3	48.0	45.2	50.8
<b>RACE</b>							
African-American	829	55.3	48.6	62.0	56.0	49.6	62.5
Other	357	50.8	42.0	59.6	48.4	40.7	56.0
White	4,923	53.3	51.3	55.4	55.0	52.7	57.3
<b>EDUCATION</b>							
< High School	728	31.6	26.3	37.0	31.3	25.4	37.3
High School	2,387	47.6	44.6	50.6	48.1	44.7	51.5
High School +	3,857	60.8	58.6	63.1	61.0	58.8	63.3
<b>INCOME</b>							
<\$15,000	849	40.3	34.7	45.9	39.7	33.9	45.4
\$15,000-24,999	1,228	40.9	36.6	45.2	40.3	35.8	44.8
\$25,000-34,999	768	45.6	40.3	51.0	46.2	40.0	52.4
\$35,000-49,999	881	53.0	48.3	57.7	55.8	51.0	60.5
\$50,000-74,999	867	57.6	52.9	62.3	59.5	55.1	63.9
\$75,000+	1,202	61.9	57.9	65.9	60.3	55.6	65.0

Definition: “No” response to the question “Have you smoked at least 100 cigarettes in your entire life?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 9 Tobacco Use

**Table 9.2.1 Currently smokes cigarettes**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,989	22.1	20.6	23.6	22.7	21.1	24.3
<b>REGION</b>							
Central	887	22.5	19.0	25.9	23.6	20.0	27.3
Kansas City Metro	1,417	21.1	17.9	24.3	21.8	18.5	25.1
Northeast	738	26.7	22.0	31.3	27.9	22.8	33.0
Northwest	695	20.2	15.7	24.6	20.2	15.7	24.7
Southeast	747	27.0	22.4	31.5	29.0	23.8	34.1
Southwest	791	21.6	17.6	25.6	22.4	18.2	26.6
St. Louis Metro	1,714	21.1	18.1	24.1	21.1	17.9	24.3
<b>GENDER</b>							
Female	4,285	20.1	18.2	21.9	20.8	18.8	22.8
Male	2,704	24.3	21.8	26.7	24.7	22.1	27.2
<b>RACE</b>							
African-American	829	22.6	17.4	27.8	22.8	17.5	28.1
Other	357	26.9	18.4	35.3	25.4	18.1	32.8
White	4,923	18.6	16.9	20.2	19.9	17.9	21.8
<b>EDUCATION</b>							
< High School	728	38.8	33.1	44.5	41.3	34.9	47.6
High School	2,387	26.2	23.6	28.9	28.3	25.3	31.4
High School +	3,857	15.7	13.9	17.4	15.8	14.0	17.6
<b>INCOME</b>							
<\$15,000	849	39.0	33.4	44.5	39.5	33.8	45.1
\$15,000-24,999	1,228	33.2	29.1	37.4	36.0	31.5	40.5
\$25,000-34,999	768	23.4	19.0	27.8	25.2	20.0	30.3
\$35,000-49,999	881	20.0	16.1	23.8	20.1	16.0	24.1
\$50,000-74,999	867	16.4	12.7	20.0	15.3	11.8	18.8
\$75,000+	1,202	13.4	10.0	16.8	14.0	9.9	18.0

Definition: “Yes” response to “Have you smoked at least 100 cigarettes in your entire life” AND “Every day” OR “Some days” responses to “Do you now smoke cigarettes every day, some days, or not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 9 Tobacco Use

**Table 9.2.2 Formerly smoked cigarettes**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,989	25.2	23.7	26.7	24.0	22.5	25.5
<b>REGION</b>							
Central	887	24.1	20.7	27.6	24.0	20.5	27.4
Kansas City Metro	1,417	25.5	22.2	28.8	24.0	20.9	27.1
Northeast	738	23.7	19.4	28.0	22.8	18.1	27.6
Northwest	695	26.2	21.2	31.1	25.8	20.9	30.6
Southeast	747	25.1	21.2	28.9	23.5	19.5	27.5
Southwest	791	27.2	23.1	31.3	25.9	21.5	30.3
St. Louis Metro	1,714	24.6	21.8	27.5	23.4	20.6	26.2
<b>GENDER</b>							
Female	4,285	22.4	20.5	24.2	21.2	19.3	23.1
Male	2,704	28.2	25.9	30.5	27.3	25.1	29.6
<b>RACE</b>							
African-American	829	22.2	16.3	28.0	21.2	15.7	26.7
Other	357	22.4	15.1	29.7	26.2	19.1	33.4
White	4,923	28.1	26.3	29.9	25.1	23.2	27.0
<b>EDUCATION</b>							
< High School	728	29.6	24.4	34.8	27.4	22.0	32.9
High School	2,387	26.2	23.6	28.7	23.6	20.9	26.2
High School +	3,857	23.5	21.7	25.4	23.2	21.4	25.0
<b>INCOME</b>							
<\$15,000	849	20.8	16.1	25.5	20.9	16.2	25.6
\$15,000-24,999	1,228	25.9	22.1	29.6	23.7	20.1	27.4
\$25,000-34,999	768	31.0	26.1	35.8	28.6	23.4	33.8
\$35,000-49,999	881	27.0	23.0	31.1	24.2	20.5	27.9
\$50,000-74,999	867	26.1	22.0	30.1	25.2	21.5	28.9
\$75,000+	1,202	24.7	21.5	27.9	25.7	22.4	29.0

Definition: “Yes” response to “Have you smoked at least 100 cigarettes in your entire life” AND “Not at all” response to “Do you now smoke cigarettes every day, some days, or not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 9 Tobacco Use

**Table 9.3 Current cigarette smoking quit attempt**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,380	57.4	53.5	61.3	57.2	53.3	61.1
<b>REGION</b>							
Central	193	58.1	49.7	66.5	59.0	51.2	66.8
Kansas City Metro	263	62.0	53.6	70.5	61.1	52.7	69.6
Northeast	153	48.6	38.0	59.2	49.5	39.2	59.8
Northwest	127	48.1	35.8	60.3	46.3	34.7	57.9
Southeast	167	52.7	42.1	63.3	51.9	41.7	62.2
Southwest	150	60.7	50.5	70.8	63.2	52.9	73.6
St. Louis Metro	327	57.1	49.0	65.3	56.5	48.3	64.7
<b>GENDER</b>							
Female	779	59.8	54.7	64.8	59.6	54.6	64.5
Male	601	55.3	49.5	61.1	55.4	49.6	61.1
<b>RACE</b>							
African-American	179	67.4	55.7	79.0	68.8	58.7	78.9
Other	98	70.6	55.3	85.9	60.1	44.7	75.5
White	869	52.4	47.4	57.3	53.0	47.9	58.2
<b>EDUCATION</b>							
< High School	231	53.0	43.4	62.6	53.1	43.0	63.1
High School	551	57.6	51.8	63.3	56.7	50.9	62.5
High School +	596	59.9	53.9	65.8	60.1	54.6	65.7
<b>INCOME</b>							
<\$15,000	297	68.0	59.9	76.1	67.9	59.6	76.3
\$15,000-24,999	334	61.6	54.1	69.0	60.8	53.6	68.1
\$25,000-34,999	169	48.2	37.5	59.0	49.7	39.1	60.3
\$35,000-49,999	158	49.9	39.1	60.7	50.9	39.5	62.4
\$50,000-74,999	124	53.4	41.1	65.8	55.3	43.3	67.3
\$75,000+	123	50.2	36.0	64.4	58.5	47.9	69.1

Definition: “Yes” response to “During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 9 Tobacco Use

**Table 9.4 Currently uses smokeless tobacco**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,015	5.2	4.4	6.0	5.4	4.6	6.3
<b>REGION</b>							
Central	889	7.5	4.9	10.0	7.9	5.1	10.6
Kansas City Metro	1,424	4.5	2.9	6.2	4.6	3.0	6.3
Northeast	738	8.5	5.6	11.5	9.8	6.2	13.3
Northwest	697	5.0	2.8	7.3	5.6	3.0	8.2
Southeast	751	6.6	4.1	9.2	6.7	3.9	9.4
Southwest	793	8.8	5.6	12.0	9.4	6.0	12.9
St. Louis Metro	1,723	2.4	1.4	3.4	2.6	1.4	3.7
<b>GENDER</b>							
Female	4,306	0.9	0.4	1.3	1.0	0.5	1.6
Male	2,709	9.7	8.2	11.3	10.0	8.4	11.7
<b>RACE</b>							
African-American	827	4.9	1.3	8.5	5.0	1.4	8.6
Other	359	3.6	1.3	6.0	3.8	1.3	6.2
White	4,944	4.5	3.7	5.4	4.9	3.9	5.9
<b>EDUCATION</b>							
< High School	729	4.5	2.2	6.9	4.8	2.2	7.5
High School	2,392	8.2	6.4	10.0	9.2	7.1	11.3
High School +	3,876	3.6	2.7	4.5	3.7	2.8	4.6
<b>INCOME</b>							
<\$15,000	850	4.7	2.1	7.4	5.2	2.3	8.1
\$15,000-24,999	1,236	5.2	3.0	7.4	5.5	3.1	8.0
\$25,000-34,999	768	5.0	2.7	7.4	4.9	2.5	7.3
\$35,000-49,999	882	6.2	4.0	8.3	6.7	4.3	9.1
\$50,000-74,999	868	5.7	3.4	7.9	6.1	3.4	8.8
\$75,000+	1,206	5.2	3.4	7.1	5.2	3.2	7.2

Definition: “Every day” OR “Some days” response to “Do you now use chewing tobacco, snuff, or snus every day, some days, or not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 10 Secondhand smoke policy

**Table 10.1 Would support a local law that would make all indoor workplaces smoke-free by prohibiting smoking**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,091	74.6	72.8	76.4	74.5	72.5	76.4
<b>REGION</b>							
Central	776	73.5	69.3	77.6	73.5	69.2	77.7
Kansas City Metro	1,153	77.4	73.5	81.3	76.6	72.5	80.7
Northeast	658	72.8	68.1	77.5	73.1	67.9	78.3
Northwest	632	77.7	72.7	82.6	78.7	73.7	83.8
Southeast	680	71.6	66.7	76.5	71.3	65.8	76.8
Southwest	677	72.7	68.0	77.5	72.2	67.1	77.4
St. Louis Metro	1,515	75.1	71.6	78.6	75.2	71.4	79.1
<b>GENDER</b>							
Female	3,774	81.9	80.0	83.8	82.1	79.9	84.2
Male	2,317	66.7	63.8	69.7	66.5	63.4	69.7
<b>RACE</b>							
African-American	720	78.8	72.5	85.1	77.6	70.8	84.4
Other	293	64.7	53.8	75.5	64.9	55.6	74.1
White	4,283	75.7	73.6	77.7	75.5	73.0	78.0
<b>EDUCATION</b>							
< High School	626	67.0	60.8	73.2	65.3	58.1	72.5
High School	2,091	71.0	68.1	74.0	71.1	67.7	74.5
High School +	3,363	78.6	76.4	80.9	78.4	76.1	80.8
<b>INCOME</b>							
<\$15,000	719	75.1	70.0	80.2	75.9	70.6	81.2
\$15,000-24,999	1,085	66.3	61.6	70.9	65.2	60.2	70.3
\$25,000-34,999	684	70.0	64.2	75.8	67.1	60.3	73.9
\$35,000-49,999	763	76.8	72.6	81.1	77.4	72.8	82.0
\$50,000-74,999	771	78.7	74.3	83.0	78.9	74.4	83.5
\$75,000+	1,062	78.5	74.3	82.6	77.2	72.3	82.0

Definition: “Yes” response to “Some cities and towns are considering laws that would make workplaces smoke-free by prohibiting smoking in all indoor workplaces, including restaurants, bars and casinos. Would you support such a law in your community?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 10 Secondhand smoke policy

**Table 10.2 Would support a change in Missouri law that would make all indoor workplaces smoke-free by prohibiting smoking**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,074	65.7	63.8	67.5	65.8	63.7	67.8
<b>REGION</b>							
Central	775	64.9	60.5	69.3	64.8	60.3	69.3
Kansas City Metro	1,158	66.9	62.7	71.2	66.6	62.1	71.1
Northeast	655	61.6	56.4	66.8	61.8	56.1	67.5
Northwest	612	70.2	64.7	75.8	71.6	66.1	77.2
Southeast	677	59.3	54.2	64.5	59.3	53.5	65.1
Southwest	686	63.2	58.1	68.2	63.2	57.6	68.8
St. Louis Metro	1,511	68.1	64.5	71.8	68.2	64.2	72.2
<b>GENDER</b>							
Female	3,758	72.6	70.4	74.8	73.2	70.8	75.7
Male	2,316	58.1	55.1	61.1	58.0	54.8	61.1
<b>RACE</b>							
African-American	725	68.8	62.0	75.5	68.4	61.2	75.6
Other	290	58.0	47.4	68.7	59.7	50.2	69.1
White	4,269	66.3	64.1	68.5	66.4	63.7	69.1
<b>EDUCATION</b>							
< High School	622	57.4	51.1	63.6	55.7	48.7	62.7
High School	2,080	62.5	59.4	65.7	62.9	59.3	66.5
High School +	3,361	69.5	67.1	72.0	69.6	67.1	72.1
<b>INCOME</b>							
<\$15,000	730	65.5	59.8	71.1	66.8	61.0	72.6
\$15,000-24,999	1,085	58.4	53.8	63.1	57.7	52.5	62.8
\$25,000-34,999	681	60.2	54.4	66.1	57.7	50.9	64.6
\$35,000-49,999	761	66.3	61.5	71.2	66.9	61.6	72.2
\$50,000-74,999	761	69.4	64.5	74.3	70.0	64.8	75.3
\$75,000+	1,063	69.3	64.8	73.7	67.7	62.9	72.6

Definition: "Yes" response to "Missouri state law allows designated smoking areas in restaurants and other public places. Would you support a change in the state law that would make all workplaces smoke-free by prohibiting smoking in all indoor workplaces, including restaurants, bars and casinos?"



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 11 Tobacco Quitline Promotion

**Table 11.1 Had seen, read or heard of ads about quitting smoking cigarettes in past 30 days**  
Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,217	68.5	66.7	70.3	68.8	66.9	70.8
<b>REGION</b>							
Central	794	69.1	64.9	73.4	68.5	64.1	72.9
Kansas City Metro	1,174	72.0	68.1	75.9	73.5	69.8	77.3
Northeast	687	66.8	61.8	71.7	66.9	61.8	72.0
Northwest	635	75.3	70.3	80.3	75.7	70.4	81.1
Southeast	697	67.5	62.7	72.2	67.8	62.4	73.2
Southwest	693	67.1	62.1	72.0	67.8	62.6	73.1
St. Louis Metro	1,537	66.7	63.2	70.3	66.8	62.9	70.7
<b>GENDER</b>							
Female	3,840	67.6	65.2	69.9	68.3	65.7	70.9
Male	2,377	69.4	66.7	72.2	69.4	66.6	72.3
<b>RACE</b>							
African-American	739	68.0	61.0	75.1	67.2	60.0	74.5
Other	297	62.3	52.4	72.1	65.0	55.9	74.2
White	4,368	67.6	65.5	69.7	68.1	65.6	70.7
<b>EDUCATION</b>							
< High School	658	62.3	56.5	68.2	64.1	57.8	70.4
High School	2,147	69.2	66.2	72.3	69.9	66.5	73.2
High School +	3,401	69.5	67.2	71.8	69.7	67.2	72.1
<b>INCOME</b>							
<\$15,000	748	65.2	59.2	71.2	66.4	60.3	72.5
\$15,000-24,999	1,104	67.8	63.3	72.2	68.1	63.1	73.0
\$25,000-34,999	702	74.1	69.3	78.9	73.9	68.1	79.7
\$35,000-49,999	774	69.3	64.3	74.3	68.1	62.4	73.8
\$50,000-74,999	781	69.4	64.6	74.2	68.7	63.7	73.7
\$75,000+	1,058	71.0	67.3	74.8	72.4	68.6	76.2

Definition: "Yes" response to "In the past 30 days, have you seen, read or heard any ads about quitting smoking cigarettes?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 11 Tobacco Quitline Promotion

**Table 11.2 Are aware of the Missouri Tobacco Quitline services**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,362	37.1	35.3	39.0	38.0	36.0	39.9
<b>REGION</b>							
Central	815	42.3	37.8	46.7	42.9	38.3	47.5
Kansas City Metro	1,197	34.9	30.8	39.0	36.2	31.8	40.6
Northeast	693	45.1	39.9	50.3	47.2	41.5	52.9
Northwest	651	37.7	31.8	43.5	36.9	30.9	42.9
Southeast	709	41.3	36.3	46.3	41.9	36.4	47.4
Southwest	725	35.8	30.9	40.7	37.4	32.0	42.9
St. Louis Metro	1,572	34.8	31.2	38.3	35.0	31.3	38.7
<b>GENDER</b>							
Female	3,945	34.5	32.2	36.8	35.8	33.2	38.3
Male	2,417	40.0	37.1	42.9	40.4	37.4	43.5
<b>RACE</b>							
African-American	751	42.2	35.2	49.2	42.0	34.6	49.4
Other	302	41.0	30.6	51.3	40.2	31.0	49.3
White	4,483	33.4	31.3	35.4	35.1	32.5	37.6
<b>EDUCATION</b>							
< High School	665	46.7	40.7	52.7	47.1	40.3	53.9
High School	2,188	40.9	37.7	44.0	42.3	38.6	46.0
High School +	3,496	32.6	30.2	35.0	33.2	30.7	35.7
<b>INCOME</b>							
<\$15,000	757	46.5	40.5	52.5	47.4	41.3	53.6
\$15,000-24,999	1,129	45.0	40.4	49.6	46.8	41.7	51.9
\$25,000-34,999	710	41.0	35.4	46.5	42.3	35.7	49.0
\$35,000-49,999	796	33.9	29.1	38.8	34.2	28.9	39.6
\$50,000-74,999	801	36.0	31.1	40.8	37.1	31.9	42.3
\$75,000+	1,081	31.8	27.5	36.0	32.7	28.1	37.2

Definition: “Yes” response to “A telephone Quitline is a free telephone-based service that connects people who smoke cigarettes with trained counselors who can help them quit. Are you aware of the Missouri Tobacco Quitline services that are available to help people quit smoking?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 12 Alcohol Consumption

**Table 12.1 Had at least one drink of alcohol in past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,950	48.5	46.7	50.2	49.5	47.7	51.4
<b>REGION</b>							
Central	878	45.1	40.8	49.3	46.2	41.9	50.6
Kansas City Metro	1,407	50.1	46.3	53.8	51.2	47.3	55.0
Northeast	735	40.6	35.6	45.6	42.1	36.7	47.6
Northwest	691	44.8	38.9	50.7	45.9	40.0	51.7
Southeast	744	30.8	26.1	35.6	31.5	26.4	36.6
Southwest	785	41.9	37.2	46.6	43.7	38.7	48.7
St. Louis Metro	1,710	57.8	54.4	61.2	58.4	54.7	62.0
<b>GENDER</b>							
Female	4,273	41.6	39.3	43.9	43.2	40.7	45.6
Male	2,677	55.9	53.2	58.6	56.4	53.6	59.2
<b>RACE</b>							
African-American	819	38.8	32.2	45.4	39.2	32.6	45.8
Other	357	46.5	37.6	55.4	45.8	37.4	54.2
White	4,901	48.4	46.4	50.4	50.7	48.3	53.0
<b>EDUCATION</b>							
< High School	723	31.0	25.2	36.8	33.0	26.6	39.3
High School	2,374	38.9	35.9	41.9	41.0	37.6	44.4
High School +	3,837	58.2	56.0	60.5	58.5	56.2	60.8
<b>INCOME</b>							
<\$15,000	846	37.2	31.5	43.0	37.5	31.7	43.3
\$15,000-24,999	1,228	38.4	34.1	42.8	39.2	34.5	43.9
\$25,000-34,999	763	46.0	40.6	51.4	50.3	44.4	56.3
\$35,000-49,999	875	50.8	46.0	55.5	51.1	45.9	56.2
\$50,000-74,999	862	58.5	53.8	63.1	59.0	54.2	63.9
\$75,000+	1,197	64.4	60.5	68.2	63.8	59.5	68.1

Definition: "A response of 1 or more days per week or per month," to the question "During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 12 Alcohol Consumption

**Table 12.2.1 Women that had more than 1 drink per day in past 30 days (heavy drinking)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,245	4.5	3.6	5.5	4.8	3.7	5.9
<b>REGION</b>							
Central	523	2.4	1.0	3.8	2.6	1.0	4.1
Kansas City Metro	851	4.6	2.4	6.8	4.8	2.4	7.2
Northeast	439	4.3	1.2	7.5	4.8	1.2	8.4
Northwest	423	6.8	2.1	11.5	6.9	2.4	11.4
Southeast	473	1.6	0.4	2.7	1.4	0.3	2.6
Southwest	476	2.9	1.1	4.7	3.0	1.1	5.0
St. Louis Metro	1,060	6.4	4.3	8.6	7.0	4.6	9.5
<b>GENDER</b>							
Female	4,245	4.5	3.6	5.5	4.8	3.7	5.9
Male	0				0.0		
<b>RACE</b>							
African-American	568	2.7	0.0	5.6	2.8	0.0	6.0
Other	199	6.7	0.8	12.6	4.0	1.2	6.8
White	3,015	5.1	3.9	6.4	6.1	4.4	7.8
<b>EDUCATION</b>							
< High School	441	0.6	0.0	1.4	0.6	0.0	1.3
High School	1,416	2.5	1.2	3.9	2.8	1.1	4.4
High School +	2,380	6.4	4.9	8.0	6.7	5.1	8.3
<b>INCOME</b>							
<\$15,000	578	2.6	0.8	4.4	2.5	0.7	4.3
\$15,000-24,999	795	3.5	1.3	5.6	3.3	1.3	5.2
\$25,000-34,999	442	3.4	1.1	5.8	4.8	1.2	8.5
\$35,000-49,999	483	6.0	2.8	9.2	7.0	2.9	11.1
\$50,000-74,999	458	6.8	3.0	10.7	7.1	3.2	11.0
\$75,000+	650	6.7	4.0	9.4	7.3	4.3	10.3

Definition: Among female respondents: “30 days” response calculated from the question “During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?” AND “2 or more drinks per day” response calculated from the question “During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 12 Alcohol Consumption

**Table 12.2.2 Men that had more than 2 drinks per day in past 30 days (heavy drinking)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,655	7.6	6.0	9.2	7.8	6.1	9.4
<b>REGION</b>							
Central	352	6.8	3.9	9.7	7.0	4.0	10.0
Kansas City Metro	544	6.7	3.5	9.8	6.8	3.5	10.1
Northeast	291	7.0	2.9	11.1	6.6	2.9	10.4
Northwest	265	5.1	0.7	9.5	4.9	0.8	9.0
Southeast	266	4.3	1.2	7.3	4.0	1.1	6.9
Southwest	307	5.7	2.6	8.8	5.9	2.6	9.1
St. Louis Metro	630	10.6	7.0	14.2	11.0	7.1	14.9
<b>GENDER</b>							
Female	0				0.0		
Male	2,655	7.6	6.0	9.2	7.8	6.1	9.4
<b>RACE</b>							
African-American	243	3.3	0.0	7.2	3.2	0.0	7.0
Other	155	15.4	4.6	26.2	19.3	6.6	32.0
White	1,854	7.3	5.4	9.2	7.8	5.6	10.1
<b>EDUCATION</b>							
< High School	277	10.7	4.4	17.0	11.2	4.7	17.8
High School	937	7.8	5.1	10.5	8.3	5.4	11.3
High School +	1,436	6.6	4.9	8.4	6.6	4.8	8.3
<b>INCOME</b>							
<\$15,000	261	7.2	2.3	12.1	7.5	2.9	12.1
\$15,000-24,999	430	12.1	6.5	17.7	13.0	7.0	19.1
\$25,000-34,999	314	11.9	5.2	18.6	13.5	5.4	21.6
\$35,000-49,999	385	7.3	3.7	10.9	7.7	3.7	11.7
\$50,000-74,999	401	6.1	3.1	9.1	6.5	3.2	9.8
\$75,000+	543	6.5	3.6	9.5	7.0	3.5	10.6

Definition: Among male respondents: “30 days” response calculated from the question “During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?” AND “3 or more drinks per day” response calculated from the question “During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 12 Alcohol Consumption

**Table 12.3.1 Men that drank 5 or more drinks on 1 or more occasions in past 30 days (binge drinking)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,650	23.5	21.0	26.0	24.0	21.4	26.5
<b>REGION</b>							
Central	350	24.4	18.7	30.0	24.5	18.9	30.1
Kansas City Metro	544	22.8	17.8	27.7	23.1	17.9	28.2
Northeast	290	19.6	13.3	26.0	18.4	12.7	24.1
Northwest	263	17.4	10.3	24.5	17.7	11.2	24.2
Southeast	267	18.4	11.3	25.5	17.4	10.9	24.0
Southwest	305	18.9	12.7	25.1	20.1	13.5	26.6
St. Louis Metro	631	28.5	23.1	33.8	28.8	23.4	34.3
<b>GENDER</b>							
Female	0				0.0		
Male	2,650	23.5	21.0	26.0	24.0	21.4	26.5
<b>RACE</b>							
African-American	243	5.8	1.5	10.1	6.1	1.4	10.8
Other	156	34.7	20.3	49.0	31.9	18.4	45.3
White	1,851	22.6	19.7	25.6	25.1	21.7	28.5
<b>EDUCATION</b>							
< High School	274	21.7	13.7	29.6	22.6	14.3	31.0
High School	936	21.0	17.1	24.9	21.5	17.4	25.6
High School +	1,434	25.7	22.2	29.2	25.3	22.1	28.6
<b>INCOME</b>							
<\$15,000	259	20.7	12.9	28.5	19.9	12.4	27.5
\$15,000-24,999	430	20.9	14.8	27.0	22.1	15.5	28.6
\$25,000-34,999	313	27.1	18.6	35.6	31.2	21.9	40.6
\$35,000-49,999	387	25.0	18.6	31.5	26.2	19.6	32.7
\$50,000-74,999	400	26.2	19.7	32.6	27.5	20.6	34.4
\$75,000+	542	26.7	20.9	32.5	26.9	21.2	32.6

Definition: Among all male respondents: "1 or more times" response to the question "Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 12 Alcohol Consumption

**Table 12.3.2 Women that drank 4 or more drinks on 1 or more occasions in past 30 days (binge drinking)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	4,249	11.3	9.8	12.9	12.3	10.6	14.0
<b>REGION</b>							
Central	526	11.0	7.7	14.4	11.5	7.7	15.3
Kansas City Metro	850	13.2	9.5	16.8	14.1	10.2	17.9
Northeast	440	9.7	5.2	14.2	10.6	5.6	15.6
Northwest	423	11.0	5.3	16.8	12.7	6.4	18.9
Southeast	474	6.4	3.2	9.7	6.9	3.2	10.6
Southwest	475	5.3	2.3	8.2	6.3	2.8	9.8
St. Louis Metro	1,061	14.5	11.3	17.7	15.7	12.1	19.3
<b>GENDER</b>							
Female	4,249	11.3	9.8	12.9	12.3	10.6	14.0
Male	0				0.0		
<b>RACE</b>							
African-American	566	10.5	4.4	16.5	10.8	4.6	17.0
Other	200	15.6	7.0	24.3	15.5	7.3	23.6
White	3,016	10.1	8.4	11.8	12.6	10.4	14.8
<b>EDUCATION</b>							
< High School	442	5.2	1.3	9.0	6.2	1.6	10.8
High School	1,418	7.8	5.5	10.2	9.1	6.2	12.0
High School +	2,379	14.3	12.1	16.5	15.0	12.7	17.4
<b>INCOME</b>							
<\$15,000	577	8.1	4.2	11.9	8.2	4.1	12.3
\$15,000-24,999	793	10.6	6.6	14.6	11.2	6.8	15.5
\$25,000-34,999	445	12.1	7.4	16.8	16.5	10.0	23.0
\$35,000-49,999	483	13.6	9.0	18.1	14.7	9.6	19.9
\$50,000-74,999	458	14.1	9.0	19.2	15.2	9.8	20.6
\$75,000+	649	15.3	11.3	19.3	16.7	11.5	21.9

Definition: Among all female respondents: “1 or more times” response to “Considering all types of alcoholic beverages, how many times during the past 30 days did you have 4 or more drinks on an occasion?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 13 Seatbelt Use

**Table 13.1 Always uses a seatbelt when driving or riding in a vehicle**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,740	78.0	76.5	79.6	77.7	76.0	79.3
<b>REGION</b>							
Central	862	75.4	71.5	79.4	75.7	71.8	79.6
Kansas City Metro	1,361	80.7	77.7	83.8	79.9	76.8	83.1
Northeast	711	61.2	56.0	66.3	59.6	54.0	65.2
Northwest	675	72.9	67.2	78.5	71.8	65.9	77.8
Southeast	719	74.4	70.0	78.8	74.0	69.0	78.9
Southwest	766	76.0	71.7	80.4	74.9	70.2	79.6
St. Louis Metro	1,646	82.0	79.1	85.0	82.0	78.9	85.1
<b>GENDER</b>							
Female	4,138	84.2	82.4	86.0	83.8	81.8	85.8
Male	2,602	71.5	69.0	74.0	71.1	68.5	73.6
<b>RACE</b>							
African-American	779	70.1	63.4	76.9	69.0	62.2	75.8
Other	344	82.5	74.4	90.7	82.6	76.5	88.7
White	4,773	79.5	77.8	81.1	78.5	76.6	80.5
<b>EDUCATION</b>							
< High School	691	70.7	65.3	76.1	69.9	63.9	75.9
High School	2,259	72.6	69.8	75.4	72.0	68.9	75.1
High School +	3,775	82.8	80.9	84.6	82.4	80.4	84.3
<b>INCOME</b>							
<\$15,000	796	76.7	71.8	81.7	77.1	72.2	82.1
\$15,000-24,999	1,194	74.1	70.3	78.0	74.3	70.2	78.3
\$25,000-34,999	744	75.7	71.0	80.4	74.9	69.5	80.4
\$35,000-49,999	861	74.5	70.2	78.8	73.2	68.4	78.1
\$50,000-74,999	850	76.8	72.5	81.0	76.6	72.3	81.0
\$75,000+	1,180	84.7	81.5	88.0	84.1	80.2	88.0

Definition: “Always” response to “How often do you use seat belts when you drive or ride in a car? Would you say Always, Nearly Always, Sometimes, Seldom, Never, or Never drive or ride in a car?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 13 Seatbelt Use

**Table 13.2 Nearly always uses a seatbelt when driving or riding in a vehicle**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,740	11.6	10.4	12.7	11.8	10.5	13.0
<b>REGION</b>							
Central	862	12.4	9.2	15.6	12.1	9.0	15.3
Kansas City Metro	1,361	11.1	8.7	13.5	11.6	9.1	14.1
Northeast	711	17.0	13.0	20.9	16.7	12.5	20.8
Northwest	675	14.9	10.3	19.4	15.0	10.3	19.7
Southeast	719	13.1	9.9	16.4	13.3	9.7	16.9
Southwest	766	13.2	9.7	16.7	13.9	10.0	17.8
St. Louis Metro	1,646	9.3	7.2	11.4	9.5	7.2	11.8
<b>GENDER</b>							
Female	4,138	9.2	7.7	10.7	9.5	7.9	11.1
Male	2,602	14.1	12.2	15.9	14.3	12.4	16.2
<b>RACE</b>							
African-American	779	17.1	11.0	23.2	17.9	11.8	24.0
Other	344	4.9	2.2	7.7	7.2	3.5	10.9
White	4,773	11.0	9.7	12.3	11.5	9.9	13.0
<b>EDUCATION</b>							
< High School	691	10.4	6.7	14.1	10.7	6.7	14.6
High School	2,259	13.4	11.2	15.5	13.5	11.2	15.8
High School +	3,775	10.8	9.3	12.4	11.1	9.5	12.7
<b>INCOME</b>							
<\$15,000	796	9.5	6.3	12.7	9.3	6.3	12.3
\$15,000-24,999	1,194	13.5	10.4	16.6	13.7	10.3	17.2
\$25,000-34,999	744	10.8	7.4	14.2	10.4	6.6	14.1
\$35,000-49,999	861	15.3	11.6	19.1	16.7	12.2	21.1
\$50,000-74,999	850	13.8	10.2	17.4	13.6	10.0	17.3
\$75,000+	1,180	9.3	7.1	11.5	9.0	6.7	11.4

Definition: “Nearly Always” response to the question “How often do you use seat belts when you drive or ride in a car? Would you say Always, Nearly Always, Sometimes, Seldom, Never, or Never drive or ride in a car?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 13 Seatbelt Use

**Table 13.3 Sometimes uses a seatbelt when driving or riding in a vehicle**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,740	5.3	4.4	6.2	5.2	4.3	6.1
<b>REGION</b>							
Central	862	4.7	3.0	6.4	4.4	2.8	6.0
Kansas City Metro	1,361	3.8	2.3	5.2	3.8	2.3	5.3
Northeast	711	9.8	6.6	13.0	10.3	6.7	13.9
Northwest	675	7.0	3.3	10.7	7.7	3.1	12.3
Southeast	719	5.2	3.0	7.4	5.4	2.8	7.9
Southwest	766	5.4	3.2	7.6	5.4	2.9	7.9
St. Louis Metro	1,646	5.6	3.6	7.7	5.4	3.4	7.5
<b>GENDER</b>							
Female	4,138	3.7	2.8	4.6	3.6	2.7	4.5
Male	2,602	7.0	5.4	8.6	6.9	5.3	8.6
<b>RACE</b>							
African-American	779	10.4	5.9	14.8	10.6	6.0	15.3
Other	344	6.5	-1.0	14.0	4.3	1.0	7.6
White	4,773	4.6	3.8	5.5	4.6	3.6	5.5
<b>EDUCATION</b>							
< High School	691	10.0	6.3	13.6	9.8	5.9	13.7
High School	2,259	7.1	5.5	8.6	6.8	5.2	8.5
High School +	3,775	3.2	2.1	4.3	3.3	2.2	4.4
<b>INCOME</b>							
<\$15,000	796	6.3	3.2	9.4	5.8	3.0	8.6
\$15,000-24,999	1,194	6.2	4.4	8.0	6.0	4.2	7.7
\$25,000-34,999	744	6.5	3.8	9.3	6.9	3.6	10.1
\$35,000-49,999	861	5.5	3.2	7.8	5.5	3.0	7.9
\$50,000-74,999	850	5.5	3.0	8.0	5.7	3.0	8.3
\$75,000+	1,180	2.9	0.6	5.1	3.5	0.2	6.9

Definition: "Sometimes" response to the question "How often do you use seat belts when you drive or ride in a car? Would you say Always, Nearly Always, Sometimes, Seldom, Never, or Never drive or ride in a car?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 13 Seatbelt Use

**Table 13.4 Seldom uses a seatbelt when driving or riding in a vehicle**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,740	2.2	1.7	2.7	2.3	1.8	2.9
<b>REGION</b>							
Central	862	4.1	2.2	6.0	4.3	2.3	6.2
Kansas City Metro	1,361	1.2	0.3	2.2	1.2	0.3	2.0
Northeast	711	6.5	3.2	9.8	7.4	3.5	11.3
Northwest	675	2.6	1.1	4.1	2.8	1.2	4.4
Southeast	719	3.9	1.8	6.0	4.4	1.7	7.2
Southwest	766	2.2	1.0	3.4	2.4	1.0	3.8
St. Louis Metro	1,646	0.9	0.3	1.6	1.0	0.3	1.8
<b>GENDER</b>							
Female	4,138	1.6	1.1	2.1	1.7	1.1	2.3
Male	2,602	2.8	2.0	3.6	3.0	2.1	3.9
<b>RACE</b>							
African-American	779	0.8	0.2	1.4	0.8	0.2	1.5
Other	344	1.1	0.1	2.1	1.2	0.2	2.3
White	4,773	2.5	1.8	3.1	2.7	2.0	3.5
<b>EDUCATION</b>							
< High School	691	3.5	1.7	5.3	4.0	1.9	6.2
High School	2,259	2.5	1.6	3.3	2.8	1.7	3.9
High School +	3,775	1.7	1.1	2.3	1.7	1.1	2.4
<b>INCOME</b>							
<\$15,000	796	1.5	0.7	2.3	1.6	0.7	2.5
\$15,000-24,999	1,194	2.3	1.2	3.5	2.3	1.1	3.4
\$25,000-34,999	744	3.6	1.5	5.7	4.1	1.6	6.6
\$35,000-49,999	861	1.9	0.7	3.1	2.0	0.7	3.3
\$50,000-74,999	850	2.3	1.1	3.6	2.5	1.2	3.9
\$75,000+	1,180	0.9	0.1	1.7	0.9	0.1	1.6

Definition: "Seldom" response to the question "How often do you use seat belts when you drive or ride in a car? Would you say Always, Nearly Always, Sometimes, Seldom, Never, or Never drive or ride in a car?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 13 Seatbelt Use

**Table 13.5 Never uses a seatbelt when driving or riding in a vehicle**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,740	3.0	2.3	3.6	3.1	2.4	3.7
<b>REGION</b>							
Central	862	3.5	1.8	5.1	3.5	1.8	5.2
Kansas City Metro	1,361	3.2	1.8	4.6	3.5	2.0	5.0
Northeast	711	5.6	2.9	8.2	6.0	3.1	9.0
Northwest	675	2.7	0.7	4.7	2.7	0.8	4.6
Southeast	719	3.5	1.4	5.6	3.0	1.2	4.8
Southwest	766	3.1	1.1	5.2	3.4	1.2	5.6
St. Louis Metro	1,646	2.2	1.1	3.2	2.1	1.1	3.2
<b>GENDER</b>							
Female	4,138	1.4	0.8	2.0	1.4	0.8	2.1
Male	2,602	4.7	3.5	5.8	4.7	3.6	5.9
<b>RACE</b>							
African-American	779	1.7	0.5	2.9	1.7	0.4	3.0
Other	344	5.0	1.2	8.8	4.7	1.0	8.4
White	4,773	2.5	1.8	3.1	2.7	1.9	3.5
<b>EDUCATION</b>							
< High School	691	5.4	2.7	8.1	5.6	2.7	8.6
High School	2,259	4.5	3.1	6.0	4.9	3.2	6.5
High School +	3,775	1.5	1.0	2.0	1.6	1.1	2.1
<b>INCOME</b>							
<\$15,000	796	6.0	2.8	9.1	6.2	2.9	9.5
\$15,000-24,999	1,194	3.8	1.9	5.7	3.8	1.9	5.6
\$25,000-34,999	744	3.4	1.5	5.4	3.7	1.5	6.0
\$35,000-49,999	861	2.8	1.3	4.2	2.6	1.2	4.1
\$50,000-74,999	850	1.6	0.7	2.5	1.6	0.6	2.5
\$75,000+	1,180	2.2	0.8	3.5	2.5	0.8	4.2

Definition: "Never" response to the question "How often do you use seat belts when you drive or ride in a car? Would you say Always, Nearly Always, Sometimes, Seldom, Never, or Never drive or ride in a car?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.1 Currently watching or reducing salt intake**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,392	52.7	50.8	54.6	50.4	48.4	52.3
<b>REGION</b>							
Central	821	53.6	49.2	58.0	52.2	47.8	56.7
Kansas City Metro	1,209	54.2	50.0	58.4	50.9	46.7	55.1
Northeast	696	44.1	39.2	49.1	41.1	36.1	46.0
Northwest	655	53.5	47.6	59.4	52.5	46.0	59.0
Southeast	709	48.5	43.5	53.5	45.3	40.2	50.4
Southwest	722	52.3	47.2	57.4	49.1	43.6	54.5
St. Louis Metro	1,580	53.9	50.3	57.6	51.9	48.1	55.7
<b>GENDER</b>							
Female	3,963	56.4	54.0	58.8	53.6	51.0	56.2
Male	2,429	48.6	45.7	51.6	46.9	43.9	49.8
<b>RACE</b>							
African-American	757	72.9	66.0	79.8	70.9	64.2	77.6
Other	302	50.6	40.4	60.9	56.9	48.8	64.9
White	4,500	53.2	51.0	55.4	48.3	45.8	50.9
<b>EDUCATION</b>							
< High School	676	54.8	48.8	60.9	50.9	44.5	57.2
High School	2,200	54.1	50.9	57.3	51.0	47.4	54.7
High School +	3,503	51.3	48.8	53.8	49.9	47.4	52.3
<b>INCOME</b>							
<\$15,000	766	58.8	52.9	64.8	56.5	50.7	62.3
\$15,000-24,999	1,138	56.7	52.0	61.3	54.5	49.6	59.5
\$25,000-34,999	716	53.8	48.1	59.4	49.1	42.6	55.7
\$35,000-49,999	794	44.9	39.8	49.9	42.0	36.5	47.5
\$50,000-74,999	803	54.6	49.6	59.5	53.6	48.3	58.9
\$75,000+	1,084	49.4	45.2	53.7	48.0	43.9	52.1

Definition: "Yes" response to the question "Are you currently watching or reducing your salt intake?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.2.1 Have been watching or reducing salt intake for 0 to less than 6 months**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,642	10.8	9.0	12.7	14.1	11.7	16.5
<b>REGION</b>							
Central	441	12.4	7.3	17.5	12.1	7.7	16.5
Kansas City Metro	721	11.9	7.4	16.3	16.5	10.3	22.7
Northeast	374	8.3	4.6	12.0	14.6	5.8	23.5
Northwest	361	13.7	6.0	21.4	16.3	6.9	25.6
Southeast	379	8.6	4.9	12.3	10.5	5.4	15.7
Southwest	406	13.2	7.6	18.8	21.2	12.8	29.6
St. Louis Metro	960	9.2	6.1	12.4	12.1	8.0	16.1
<b>GENDER</b>							
Female	2,357	10.7	8.3	13.0	14.2	11.1	17.3
Male	1,285	11.0	8.1	13.9	14.2	10.3	18.0
<b>RACE</b>							
African-American	592	16.5	9.7	23.3	22.4	15.9	28.9
Other	170	30.5	15.2	45.9	25.0	13.7	36.3
White	2,478	8.1	6.4	9.8	13.2	9.8	16.6
<b>EDUCATION</b>							
< High School	391	17.8	10.4	25.1	21.6	12.5	30.7
High School	1,299	10.3	7.3	13.3	14.1	10.0	18.3
High School +	1,945	9.3	7.2	11.5	12.2	9.2	15.2
<b>INCOME</b>							
<\$15,000	496	15.5	9.0	21.9	18.6	11.1	26.1
\$15,000-24,999	712	13.1	7.5	18.7	17.2	10.4	23.9
\$25,000-34,999	415	10.2	5.5	14.8	14.5	7.9	21.2
\$35,000-49,999	411	7.6	3.6	11.5	11.7	4.9	18.5
\$50,000-74,999	446	6.8	3.1	10.4	8.3	3.3	13.2
\$75,000+	551	8.7	5.0	12.3	8.9	4.8	13.0

Definition: “0 to less than 6 months” response calculated from “How many days, weeks, months, or years have you been watching or reducing your salt intake?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.2.2 Have been watching or reducing salt intake in past 6 months to less than a year**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,642	3.2	2.4	4.0	3.7	2.6	4.9
<b>REGION</b>							
Central	441	4.8	2.4	7.1	5.0	2.3	7.7
Kansas City Metro	721	3.0	0.8	5.1	4.0	0.7	7.3
Northeast	374	1.4	0.0	2.9	2.1	0.0	4.7
Northwest	361	4.9	0.2	9.6	5.9	0.2	11.5
Southeast	379	4.6	1.8	7.4	5.5	1.2	9.7
Southwest	406	3.0	1.0	5.0	2.2	0.7	3.7
St. Louis Metro	960	2.5	1.2	3.9	3.0	1.1	4.9
<b>GENDER</b>							
Female	2,357	4.1	2.8	5.3	4.5	2.7	6.3
Male	1,285	2.2	1.2	3.2	2.7	1.4	4.1
<b>RACE</b>							
African-American	592	4.0	1.2	6.9	4.8	1.3	8.4
Other	170	5.0	0.0	10.8	6.7	0.0	14.0
White	2,478	2.5	1.8	3.3	2.5	1.5	3.5
<b>EDUCATION</b>							
< High School	391	4.7	1.8	7.7	5.2	1.4	9.0
High School	1,299	3.1	1.8	4.3	3.6	2.0	5.3
High School +	1,945	2.9	1.7	4.0	3.3	1.8	4.8
<b>INCOME</b>							
<\$15,000	496	2.6	0.8	4.3	2.5	0.5	4.6
\$15,000-24,999	712	3.9	1.8	6.0	3.9	1.3	6.4
\$25,000-34,999	415	4.2	0.6	7.8	6.7	0.6	12.8
\$35,000-49,999	411	3.2	1.1	5.2	3.5	0.8	6.2
\$50,000-74,999	446	4.2	1.5	6.8	4.9	1.6	8.3
\$75,000+	551	1.9	0.6	3.3	1.8	0.6	3.1

Definition: "Past 6 months to less than a year" response calculated from "How many days, weeks, months, or years have you been watching or reducing your salt intake?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.2.3 Have been watching or reducing salt intake in past year to less than 2 years**  
Prevalence with 95% Confidence Intervals (CI)

		Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	3,642	0.6	0.2	1.0
<b>REGION</b>				
Central	441	0.4	0.0	0.9
Kansas City Metro	721	0.3	0.0	0.8
Northeast	374	0.5	0.0	1.3
Northwest	361	0.0	0.0	0.0
Southeast	379	1.1	0.0	2.1
Southwest	406	0.1	0.0	0.3
St. Louis Metro	960	1.0	0.0	2.0
<b>GENDER</b>				
Female	2,357	0.4	0.1	0.8
Male	1,285	0.8	0.0	1.6
<b>RACE</b>				
African-American	592	0.5	0.0	1.1
Other	170	0.3	0.0	0.9
White	2,478	0.3	0.1	0.6
<b>EDUCATION</b>				
< High School	391	1.3	0.0	2.7
High School	1,299	0.9	0.0	1.9
High School +	1,945	0.2	0.0	0.4
<b>INCOME</b>				
<\$15,000	496	0.8	0.0	1.7
\$15,000-24,999	712	0.1	0.0	0.3
\$25,000-34,999	415	0.2	0.0	0.7
\$35,000-49,999	411	1.2	0.0	2.9
\$50,000-74,999	446	0.1	0.0	0.3
\$75,000+	551	1.3	0.0	3.0

Definition: "Past year to less than 2 years" response calculated from the question "How many days, weeks, months, or years have you been watching or reducing your salt intake?"



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.2.4 Have been watching or reducing salt intake in past 2 years or more**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,642	73.0	70.7	75.3	69.8	66.9	72.7
<b>REGION</b>							
Central	441	71.9	66.0	77.7	70.6	64.6	76.7
Kansas City Metro	721	74.3	69.0	79.6	67.7	61.0	74.4
Northeast	374	78.9	73.8	84.1	75.2	65.7	84.8
Northwest	361	73.2	64.3	82.0	69.5	59.9	79.1
Southeast	379	68.5	62.3	74.8	62.3	53.5	71.2
Southwest	406	70.8	64.4	77.3	65.0	56.1	73.9
St. Louis Metro	960	74.1	69.8	78.5	72.7	67.5	77.9
<b>GENDER</b>							
Female	2,357	72.3	69.4	75.3	68.8	64.9	72.6
Male	1,285	73.8	70.1	77.5	70.8	66.3	75.3
<b>RACE</b>							
African-American	592	69.7	62.2	77.2	63.6	56.2	71.0
Other	170	46.0	33.0	59.1	47.8	35.2	60.3
White	2,478	76.8	74.3	79.3	71.9	67.9	75.9
<b>EDUCATION</b>							
< High School	391	63.5	55.4	71.6	58.7	48.9	68.6
High School	1,299	71.7	67.7	75.7	68.0	62.7	73.3
High School +	1,945	76.3	73.4	79.2	73.7	70.1	77.3
<b>INCOME</b>							
<\$15,000	496	70.2	62.9	77.4	69.2	61.3	77.1
\$15,000-24,999	712	69.9	63.8	76.0	65.5	57.7	73.2
\$25,000-34,999	415	73.7	67.1	80.3	66.0	56.8	75.2
\$35,000-49,999	411	74.6	68.0	81.1	71.0	61.4	80.6
\$50,000-74,999	446	81.1	75.8	86.3	79.2	72.6	85.8
\$75,000+	551	77.3	72.2	82.3	79.3	74.5	84.2

Definition: "Past 2 years or more" response calculated from the question "How many days, weeks, months, or years have you been watching or reducing your salt intake?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.2.5 Have been watching or reducing salt intake all my life**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,642	12.4	10.8	14.0	11.9	10.1	13.7
<b>REGION</b>							
Central	441	10.7	7.3	14.0	12.0	8.1	15.9
Kansas City Metro	721	10.5	7.2	13.9	11.7	6.8	16.5
Northeast	374	10.8	7.1	14.6	7.8	4.9	10.6
Northwest	361	8.2	3.5	13.0	8.4	3.5	13.3
Southeast	379	17.2	11.8	22.6	20.9	12.8	29.0
Southwest	406	12.9	8.7	17.1	11.6	7.0	16.2
St. Louis Metro	960	13.2	10.0	16.4	11.5	8.4	14.6
<b>GENDER</b>							
Female	2,357	12.5	10.6	14.5	12.2	9.9	14.5
Male	1,285	12.2	9.5	14.9	11.6	8.7	14.5
<b>RACE</b>							
African-American	592	9.3	5.7	13.0	8.9	4.8	12.9
Other	170	18.1	8.8	27.5	20.2	10.6	29.9
White	2,478	12.3	10.3	14.2	12.2	9.4	15.0
<b>EDUCATION</b>							
< High School	391	12.7	7.3	18.2	13.6	6.7	20.5
High School	1,299	14.1	11.2	16.9	13.4	10.1	16.7
High School +	1,945	11.2	9.2	13.3	10.6	8.4	12.9
<b>INCOME</b>							
<\$15,000	496	10.9	6.4	15.5	9.1	5.6	12.6
\$15,000-24,999	712	13.0	9.3	16.8	13.5	9.1	17.9
\$25,000-34,999	415	11.7	7.2	16.3	12.7	6.5	18.9
\$35,000-49,999	411	13.5	8.2	18.8	13.0	6.6	19.3
\$50,000-74,999	446	7.9	4.6	11.2	7.6	3.8	11.4
\$75,000+	551	10.9	7.4	14.4	8.9	6.1	11.7

Definition: "All my life" response to the question "How many days, weeks, months, or years have you been watching or reducing your salt intake?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 14 Sodium Intake

**Table 14.3 Advised by a doctor or other health professional to reduce salt intake**  
Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,375	21.9	20.4	23.3	20.1	18.7	21.6
<b>REGION</b>							
Central	818	21.6	18.2	25.0	21.6	18.2	25.1
Kansas City Metro	1,203	22.4	19.0	25.8	20.4	17.0	23.7
Northeast	692	21.6	17.9	25.3	18.8	15.2	22.3
Northwest	651	22.7	18.2	27.3	21.4	16.8	26.1
Southeast	711	26.4	22.4	30.5	24.1	20.0	28.2
Southwest	721	21.7	17.7	25.6	19.5	15.4	23.6
St. Louis Metro	1,579	20.3	17.6	23.1	18.5	15.9	21.1
<b>GENDER</b>							
Female	3,958	22.5	20.6	24.4	20.5	18.6	22.4
Male	2,417	21.1	18.9	23.3	19.8	17.6	21.9
<b>RACE</b>							
African-American	757	33.2	27.1	39.3	30.4	25.3	35.4
Other	300	25.8	16.9	34.8	30.1	21.4	38.7
White	4,484	21.5	19.9	23.1	17.7	16.1	19.3
<b>EDUCATION</b>							
< High School	672	30.4	25.0	35.8	27.7	22.3	33.1
High School	2,192	23.9	21.4	26.5	21.0	18.4	23.6
High School +	3,498	18.5	16.8	20.2	17.6	15.9	19.3
<b>INCOME</b>							
<\$15,000	762	30.6	25.2	36.0	30.2	24.8	35.6
\$15,000-24,999	1,136	28.1	24.1	32.1	26.6	22.4	30.9
\$25,000-34,999	714	23.9	19.6	28.1	20.7	16.2	25.3
\$35,000-49,999	794	19.2	15.6	22.8	17.6	13.9	21.4
\$50,000-74,999	803	18.2	14.5	21.8	16.6	13.1	20.1
\$75,000+	1,079	15.0	12.3	17.8	14.1	11.5	16.7

Definition: "Yes" response to the question "Has a doctor or other health professional ever advised you to reduce salt intake?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.1.1 Age 18 and older: Had either a seasonal flu shot or a seasonal flu vaccine sprayed in the nose in past 12 months**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,717	42.6	40.8	44.3	40.8	39.0	42.6
<b>REGION</b>							
Central	861	41.8	37.7	45.9	40.4	36.5	44.3
Kansas City Metro	1,354	41.2	37.5	44.8	39.2	35.7	42.7
Northeast	705	40.5	35.8	45.2	36.9	32.1	41.7
Northwest	672	40.2	34.6	45.8	40.2	34.7	45.8
Southeast	720	38.7	34.2	43.3	35.2	30.9	39.5
Southwest	764	40.4	35.8	44.9	37.8	33.2	42.3
St. Louis Metro	1,641	46.2	42.7	49.6	45.4	41.7	49.1
<b>GENDER</b>							
Female	4,126	48.7	46.4	51.0	46.5	44.0	48.9
Male	2,591	36.0	33.4	38.5	35.0	32.4	37.5
<b>RACE</b>							
African-American	777	35.1	29.1	41.1	34.0	28.3	39.6
Other	341	37.6	28.5	46.6	39.3	31.2	47.4
White	4,761	47.0	45.0	49.1	42.5	40.2	44.7
<b>EDUCATION</b>							
< High School	691	32.9	27.8	37.9	28.1	23.5	32.7
High School	2,250	40.5	37.6	43.5	35.6	32.6	38.6
High School +	3,762	46.0	43.7	48.4	45.7	43.4	48.1
<b>INCOME</b>							
<\$15,000	794	36.9	31.4	42.3	35.3	30.4	40.2
\$15,000-24,999	1,188	38.2	34.1	42.4	35.2	31.0	39.4
\$25,000-34,999	742	43.2	38.0	48.5	37.6	32.1	43.0
\$35,000-49,999	858	44.2	39.5	48.9	42.5	37.5	47.6
\$50,000-74,999	848	41.0	36.5	45.6	40.7	36.0	45.4
\$75,000+	1,177	47.6	43.6	51.7	49.7	45.3	54.2

Definition: Age 18 and older: "Yes" response to the question "During the past 12 months, have you had a seasonal flu shot?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.1.2 Age 65 and older: Had a seasonal flu shot or flu vaccine sprayed in the nose in past 12 months**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,510	69.5	66.8	72.1
<b>REGION</b>				
Central	282	71.1	64.5	77.7
Kansas City Metro	452	67.9	61.0	74.7
Northeast	311	69.7	63.8	75.5
Northwest	289	64.2	57.2	71.1
Southeast	279	69.8	63.5	76.1
Southwest	315	68.1	61.8	74.5
St. Louis Metro	582	71.0	65.8	76.2
<b>GENDER</b>				
Female	1,634	71.0	67.9	74.1
Male	876	67.5	63.1	71.9
<b>RACE</b>				
African-American	293	56.8	46.2	67.4
Other	89	54.1	34.9	73.4
White	2,008	71.5	68.7	74.3
<b>EDUCATION</b>				
< High School	347	64.8	57.0	72.6
High School	1,000	72.7	68.7	76.6
High School +	1,156	68.6	64.8	72.4
<b>INCOME</b>				
<\$15,000	285	65.4	56.6	74.2
\$15,000-24,999	547	67.1	61.3	73.0
\$25,000-34,999	368	69.3	62.8	75.7
\$35,000-49,999	292	76.1	68.7	83.5
\$50,000-74,999	223	66.6	57.4	75.8
\$75,000+	206	72.6	64.4	80.9

Definition: Ages 65 and older - "Yes" response to the question "During the past 12 months, have you had either a seasonal flu shot or a seasonal flu vaccine that was sprayed in your nose?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.2.1 Had received TDaP**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,095	18.8	17.3	20.3	19.1	17.6	20.7
<b>REGION</b>							
Central	764	20.1	16.3	23.9	20.4	16.6	24.1
Kansas City Metro	1,235	19.4	16.3	22.5	19.6	16.4	22.8
Northeast	648	15.5	11.6	19.3	16.5	12.1	21.0
Northwest	610	19.5	14.5	24.5	19.4	14.5	24.2
Southeast	650	14.1	10.5	17.6	14.0	10.1	17.8
Southwest	692	22.5	18.1	26.9	23.1	18.6	27.7
St. Louis Metro	1,496	18.1	15.2	20.9	18.1	15.1	21.1
<b>GENDER</b>							
Female	3,714	22.7	20.5	24.8	23.5	21.2	25.8
Male	2,381	14.8	12.8	16.7	14.7	12.7	16.7
<b>RACE</b>							
African-American	715	12.9	8.5	17.2	13.7	9.1	18.3
Other	310	14.9	8.7	21.2	16.6	10.2	23.0
White	4,316	18.4	16.7	20.1	20.0	17.9	22.1
<b>EDUCATION</b>							
< High School	628	11.7	7.6	15.7	11.4	7.5	15.3
High School	2,032	13.2	10.8	15.5	13.7	11.1	16.3
High School +	3,423	23.5	21.5	25.6	23.6	21.4	25.7
<b>INCOME</b>							
<\$15,000	713	19.5	14.4	24.6	19.4	14.0	24.8
\$15,000-24,999	1,102	16.0	12.4	19.7	16.3	12.4	20.2
\$25,000-34,999	691	14.9	11.0	18.8	15.1	10.8	19.5
\$35,000-49,999	774	18.4	14.4	22.3	18.6	14.3	22.9
\$50,000-74,999	783	20.6	16.7	24.5	21.6	17.3	25.8
\$75,000+	1,076	24.3	20.7	27.8	25.8	21.4	30.2

Definition: “Yes, received TDaP” response to “Since 2005, have you had a tetanus shot?” If yes, ask: “Was this TDaP, the tetanus shot that also has pertussis or whooping cough vaccine?” 1) Yes, received TDaP; 2) Yes, received tetanus shot, but not TDaP; 3) Yes, received tetanus shot but not sure what type; 4) No, did not receive any tetanus shot since 2005.

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.2.2 Had received tetanus shot, but not TDaP**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,095	6.4	5.5	7.3	6.2	5.3	7.1
<b>REGION</b>							
Central	764	4.3	2.7	5.9	4.3	2.6	5.9
Kansas City Metro	1,235	7.2	5.2	9.2	7.0	5.0	8.9
Northeast	648	7.3	4.8	9.8	7.1	4.5	9.7
Northwest	610	8.1	4.3	11.9	7.9	4.3	11.6
Southeast	650	5.7	2.8	8.7	5.1	2.5	7.7
Southwest	692	6.8	4.7	8.9	6.4	4.2	8.6
St. Louis Metro	1,496	6.3	4.6	8.1	6.1	4.3	7.8
<b>GENDER</b>							
Female	3,714	6.2	5.0	7.4	6.1	4.8	7.3
Male	2,381	6.6	5.3	7.9	6.4	5.1	7.7
<b>RACE</b>							
African-American	715	6.1	3.1	9.1	6.1	3.0	9.2
Other	310	3.9	1.2	6.5	4.1	1.3	6.8
White	4,316	7.4	6.3	8.6	7.2	5.8	8.6
<b>EDUCATION</b>							
< High School	628	6.6	4.0	9.2	6.0	3.3	8.7
High School	2,032	6.2	4.7	7.7	5.6	4.1	7.2
High School +	3,423	6.5	5.3	7.7	6.4	5.2	7.6
<b>INCOME</b>							
<\$15,000	713	8.7	5.0	12.5	8.5	4.7	12.2
\$15,000-24,999	1,102	6.2	4.3	8.2	6.0	4.1	8.0
\$25,000-34,999	691	9.0	5.5	12.6	9.3	5.3	13.3
\$35,000-49,999	774	8.1	5.6	10.6	7.6	5.1	10.1
\$50,000-74,999	783	4.0	2.4	5.7	3.9	2.3	5.5
\$75,000+	1,076	6.5	4.6	8.3	5.7	4.1	7.2

Definition: “Yes, received tetanus shot, but not TDaP” response to “Since 2005, have you had a tetanus shot?” If yes, ask: “Was this TDaP, the tetanus shot that also has pertussis or whooping cough vaccine?” 1) Yes, received TDaP; 2) Yes, received tetanus shot, but not TDaP; 3) Yes, received tetanus shot but not sure what type; 4) No, did not receive any tetanus shot since 2005.

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.2.3 Had received tetanus shot, but not sure what type**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,095	34.6	32.8	36.4	34.7	32.8	36.7
<b>REGION</b>							
Central	764	38.6	34.1	43.2	38.5	33.9	43.0
Kansas City Metro	1,235	35.2	31.3	39.0	35.4	31.4	39.3
Northeast	648	37.9	32.6	43.1	35.9	30.7	41.1
Northwest	610	37.5	31.3	43.6	37.3	31.0	43.5
Southeast	650	38.9	33.6	44.2	41.0	35.1	46.8
Southwest	692	32.9	28.1	37.8	33.5	28.2	38.7
St. Louis Metro	1,496	31.7	28.2	35.3	31.8	28.0	35.5
<b>GENDER</b>							
Female	3,714	28.2	26.0	30.4	28.3	25.9	30.8
Male	2,381	41.4	38.5	44.3	41.4	38.4	44.3
<b>RACE</b>							
African-American	715	35.3	28.1	42.6	35.8	28.5	43.2
Other	310	37.2	28.3	46.2	36.0	27.5	44.5
White	4,316	33.7	31.6	35.8	34.0	31.6	36.5
<b>EDUCATION</b>							
< High School	628	34.6	28.7	40.6	33.7	27.4	39.9
High School	2,032	38.8	35.5	42.1	40.2	36.4	44.0
High School +	3,423	32.3	30.0	34.6	32.3	29.9	34.7
<b>INCOME</b>							
<\$15,000	713	37.2	31.3	43.1	36.4	30.3	42.4
\$15,000-24,999	1,102	36.2	31.6	40.9	37.3	32.2	42.3
\$25,000-34,999	691	28.0	23.0	33.0	28.6	22.8	34.4
\$35,000-49,999	774	34.3	29.5	39.1	35.2	30.0	40.5
\$50,000-74,999	783	33.5	28.7	38.2	33.0	27.9	38.1
\$75,000+	1,076	33.8	29.8	37.7	32.9	28.5	37.4

Definition: “Yes, received tetanus shot, but not sure what type” response to the question “Since 2005, have you had a tetanus shot?” If yes, ask: “Was this TDaP, the tetanus shot that also has pertussis or whooping cough vaccine?” 1) Yes, received TDaP;

2) Yes, received tetanus shot, but not TDaP; 3) Yes, received tetanus shot but not sure what type; 4) No, did not receive any tetanus shot since 2005.



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.2.4 Had not received tetanus shot since 2005**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,095	40.2	38.3	42.1	40.0	38.0	42.0
<b>REGION</b>							
Central	764	36.9	32.6	41.3	36.9	32.5	41.3
Kansas City Metro	1,235	38.2	34.3	42.1	38.0	34.0	42.1
Northeast	648	39.4	34.2	44.6	40.5	34.9	46.0
Northwest	610	35.0	29.2	40.8	35.5	29.4	41.5
Southeast	650	41.3	36.3	46.3	40.0	34.5	45.5
Southwest	692	37.7	32.9	42.6	37.0	32.1	41.9
St. Louis Metro	1,496	43.9	40.2	47.7	44.1	40.1	48.1
<b>GENDER</b>							
Female	3,714	42.9	40.5	45.4	42.1	39.5	44.7
Male	2,381	37.3	34.4	40.1	37.6	34.6	40.6
<b>RACE</b>							
African-American	715	45.7	38.7	52.8	44.3	37.4	51.3
Other	310	44.0	34.3	53.7	43.3	34.9	51.7
White	4,316	40.5	38.3	42.6	38.8	36.3	41.2
<b>EDUCATION</b>							
< High School	628	47.2	40.9	53.4	48.9	42.4	55.5
High School	2,032	41.9	38.7	45.1	40.4	36.9	44.0
High School +	3,423	37.7	35.3	40.1	37.8	35.3	40.2
<b>INCOME</b>							
<\$15,000	713	34.6	28.9	40.3	35.8	29.7	41.9
\$15,000-24,999	1,102	41.5	37.0	46.0	40.4	35.6	45.1
\$25,000-34,999	691	48.1	42.5	53.7	47.0	40.7	53.4
\$35,000-49,999	774	39.2	34.3	44.2	38.6	33.4	43.8
\$50,000-74,999	783	41.9	37.0	46.9	41.5	36.6	46.4
\$75,000+	1,076	35.5	31.3	39.8	35.6	30.5	40.8

Definition: “No, did not receive any tetanus shot since 2005” response to the question “Since 2005, have you had a tetanus shot?” If yes, ask: “Was this Tdap, the tetanus shot that also has pertussis or whooping cough vaccine?” 1) Yes, received Tdap;

2) Yes, received tetanus shot, but not Tdap; 3) Yes, received tetanus shot but not sure what type; 4) No, did not receive any tetanus shot since 2005.

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 15 Adult Immunization

**Table 15.3 Age 65 and older: Ever had pneumonia vaccination**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,436	71.0	68.3	73.7
<b>REGION</b>				
Central	269	72.8	66.0	79.6
Kansas City Metro	440	74.8	68.5	81.0
Northeast	302	65.6	59.3	71.8
Northwest	284	71.2	65.1	77.4
Southeast	273	67.5	60.8	74.2
Southwest	303	70.0	63.5	76.5
St. Louis Metro	565	70.8	65.3	76.3
<b>GENDER</b>				
Female	1,591	74.5	71.3	77.6
Male	845	66.5	62.0	71.1
<b>RACE</b>				
African-American	282	54.7	43.5	65.9
Other	83	72.8	57.4	88.2
White	1,954	72.5	69.7	75.3
<b>EDUCATION</b>				
< High School	329	67.0	59.2	74.8
High School	973	70.9	66.7	75.2
High School +	1,127	72.3	68.6	76.1
<b>INCOME</b>				
<\$15,000	275	70.7	62.1	79.3
\$15,000-24,999	529	69.4	63.3	75.4
\$25,000-34,999	363	69.5	63.0	76.0
\$35,000-49,999	284	74.9	67.6	82.3
\$50,000-74,999	214	64.4	54.7	74.0
\$75,000+	201	71.6	62.9	80.2

Definition: Age 65 and older: “Yes” response to “Have you ever had a pneumonia shot?” AND “65 or greater” response to “What is your age?” Note: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.1 Had ever been tested for HIV**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,535	31.7	30.0	33.4	32.7	30.9	34.5
<b>REGION</b>							
Central	825	29.3	25.2	33.5	30.4	26.2	34.5
Kansas City Metro	1,330	34.6	30.9	38.3	33.5	29.3	37.6
Northeast	685	23.1	18.7	27.4	23.4	17.3	29.4
Northwest	662	28.0	22.4	33.7	19.6	12.3	27.0
Southeast	702	24.7	20.2	29.1	21.5	17.3	25.7
Southwest	734	31.5	26.7	36.2	26.3	21.2	31.3
St. Louis Metro	1,597	34.4	30.9	37.8	34.2	28.3	40.1
<b>GENDER</b>							
Female	4,019	34.2	31.8	36.5	37.2	34.8	39.5
Male	2,516	29.1	26.5	31.7	28.4	25.8	31.0
<b>RACE</b>							
African-American	767	52.9	46.0	59.8	51.1	44.7	57.5
Other	332	38.5	29.7	47.2	32.3	24.5	40.1
White	4,626	26.0	24.1	27.9	29.4	24.8	34.0
<b>EDUCATION</b>							
< High School	664	32.3	26.3	38.3	35.6	29.3	42.0
High School	2,200	26.4	23.5	29.4	29.3	25.3	33.3
High School +	3,657	34.5	32.2	36.8	24.4	21.8	27.0
<b>INCOME</b>							
<\$15,000	777	47.3	41.4	53.2	47.0	41.4	52.7
\$15,000-24,999	1,157	40.3	35.7	44.9	43.3	38.0	48.7
\$25,000-34,999	730	27.9	22.8	32.9	28.4	22.0	34.7
\$35,000-49,999	833	24.6	20.3	29.0	14.5	10.9	18.2
\$50,000-74,999	827	29.5	25.1	33.8	21.5	17.8	25.1
\$75,000+	1,139	34.5	30.5	38.5	28.9	24.5	33.3

Definition: Among all adult respondents: “Yes” response to the question “Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.2.1 Had last HIV test at a private doctor or HMO office**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,693	47.6	44.1	51.1	39.8	36.8	42.9
<b>REGION</b>							
Central	215	47.0	38.4	55.5	38.0	31.0	44.9
Kansas City Metro	415	50.6	43.9	57.3	44.4	37.1	51.6
Northeast	125	38.4	27.7	49.0	31.4	21.3	41.5
Northwest	137	52.1	39.7	64.4	40.6	28.9	52.4
Southeast	140	45.3	34.6	55.9	33.1	24.8	41.5
Southwest	169	41.8	32.2	51.4	35.8	28.2	43.4
St. Louis Metro	492	49.3	42.7	55.9	36.4	26.3	46.5
<b>GENDER</b>							
Female	1,018	53.6	49.0	58.1	44.3	40.4	48.1
Male	675	40.2	34.8	45.7	34.2	29.3	39.1
<b>RACE</b>							
African-American	323	47.4	37.4	57.3	40.0	31.7	48.3
Other	129	34.4	22.1	46.7	32.5	21.1	43.8
White	966	50.6	46.0	55.1	32.0	25.3	38.8
<b>EDUCATION</b>							
< High School	158	39.4	27.1	51.7	33.6	24.8	42.4
High School	449	43.8	37.0	50.6	31.0	24.1	38.0
High School +	1,082	50.8	46.6	55.1	39.7	34.1	45.2
<b>INCOME</b>							
<\$15,000	293	31.4	23.1	39.7	25.2	18.3	32.0
\$15,000-24,999	342	42.2	34.2	50.2	37.5	29.3	45.8
\$25,000-34,999	162	51.4	40.2	62.7	37.8	27.3	48.4
\$35,000-49,999	187	56.8	46.7	66.9	34.9	17.4	52.4
\$50,000-74,999	223	55.7	46.8	64.6	44.3	34.4	54.2
\$75,000+	335	57.5	50.2	64.8	47.0	39.0	55.0

Definition: Among all adult respondents: “Yes” response to the question “Have you ever been tested for HIV? AND “Private doctor or HMO office” response to “Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.2.2 Had last HIV test at a hospital or clinic**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,693	35.6	32.2	39.0	29.5	26.5	32.4
<b>REGION</b>							
Central	215	34.1	26.0	42.2	28.0	21.1	35.0
Kansas City Metro	415	33.2	27.0	39.4	26.3	19.6	33.0
Northeast	125	44.1	32.8	55.4	39.4	29.5	49.3
Northwest	137	29.7	18.9	40.6	29.5	20.1	38.9
Southeast	140	38.4	28.0	48.7	30.4	20.2	40.6
Southwest	169	37.2	27.4	47.0	32.8	25.2	40.4
St. Louis Metro	492	36.2	29.8	42.5	31.4	21.4	41.4
<b>GENDER</b>							
Female	1,018	34.9	30.5	39.3	29.0	25.3	32.7
Male	675	36.5	31.2	41.8	30.0	25.2	34.8
<b>RACE</b>							
African-American	323	39.6	29.7	49.4	32.4	24.2	40.6
Other	129	45.7	31.4	60.0	34.1	23.9	44.3
White	966	31.9	27.8	36.0	29.3	22.4	36.1
<b>EDUCATION</b>							
< High School	158	46.0	33.7	58.3	38.8	30.6	47.0
High School	449	39.8	33.0	46.7	40.5	33.1	47.9
High School +	1,082	31.8	27.9	35.7	31.2	25.7	36.7
<b>INCOME</b>							
<\$15,000	293	53.5	44.4	62.6	45.5	37.7	53.3
\$15,000-24,999	342	44.0	36.0	52.0	32.9	25.0	40.8
\$25,000-34,999	162	38.8	27.9	49.8	37.8	27.1	48.5
\$35,000-49,999	187	27.8	19.1	36.5	39.7	22.6	56.9
\$50,000-74,999	223	23.5	16.1	30.9	26.6	17.1	36.2
\$75,000+	335	23.3	17.2	29.4	21.0	13.8	28.1

Definition: Among all adult respondents: “Yes” response to the question “Have you ever been tested for HIV? AND “Private doctor or HMO office” response to “Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.2.3 Had last HIV test at a jail or prison (or other correctional facility)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,693	3.0	1.7	4.2	2.4	1.4	3.4
<b>REGION</b>							
Central	215	2.2	0.1	4.4	1.9	0.0	3.9
Kansas City Metro	415	3.1	0.7	5.5	2.2	0.2	4.2
Northeast	125	4.9	0.1	9.9	5.0	0.0	10.5
Northwest	137	2.1	0.8	5.1	1.0	0.0	2.2
Southeast	140	3.0	0.0	6.5	1.8	0.0	4.2
Southwest	169	5.0	0.0	10.1	2.9	0.0	6.4
St. Louis Metro	492	2.2	0.4	4.0	4.3	0.0	9.5
<b>GENDER</b>							
Female	1,018	1.0	0.1	1.9	0.7	0.0	1.3
Male	675	5.4	2.9	7.9	4.6	2.5	6.7
<b>RACE</b>							
African-American	323	3.2	0.0	6.6	2.7	0.0	5.5
Other	129	1.7	0.0	4.8	0.0		
White	966	2.1	0.9	3.3	5.4	0.0	12.0
<b>EDUCATION</b>							
< High School	158	11.0	3.3	18.6	7.7	2.0	13.4
High School	449	3.0	1.3	4.7	2.7	0.0	5.8
High School +	1,082	1.3	0.3	2.2	1.3	0.3	2.3
<b>INCOME</b>							
<\$15,000	293	6.3	2.3	10.3	4.7	1.6	7.9
\$15,000-24,999	342	3.4	0.7	6.1	4.7	0.4	9.1
\$25,000-34,999	162	1.1	0.01	3.3	0.3	0.0	0.8
\$35,000-49,999	187	1.9	0.0	4.1	0.8	0.0	2.3
\$50,000-74,999	223	2.8	0.0	7.1	1.4	0.0	3.2
\$75,000+	335	0.2	0.0	0.7	1.9	0.0	4.7

Definition: Among all adult respondents: “Yes” response to the question “Have you ever been tested for HIV? AND “Private doctor or HMO office” response to “Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.2.4 Had last HIV test at a drug treatment facility, counseling and testing site**  
Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,693	3.0	1.7	4.2	2.5	1.3	3.6
<b>REGION</b>							
Central	215	4.2	0.0	10.0	4.2	-0.0	10.1
Kansas City Metro	415	4.0	1.3	6.7	2.1	0.1	4.2
Northeast	125	0.4	0.0	1.1	2.4	0.0	4.8
Northwest	137	1.1	0.5	2.7	0.2	0.0	0.5
Southeast	140	2.1	0.0	4.5	2.1	0.0	5.4
Southwest	169	4.8	0.4	9.1	2.1	0.0	4.6
St. Louis Metro	492	1.9	0.4	3.4	4.0	0.5	7.6
<b>GENDER</b>							
Female	1,018	2.4	1.0	3.9	2.1	0.9	3.4
Male	675	3.6	1.4	5.8	2.8	1.0	4.6
<b>RACE</b>							
African-American	323	5.2	0.0	10.7	4.6	0.0	9.7
Other	129	7.5	0.0	15.1	8.3	0.7	15.8
White	966	1.8	0.7	2.9	0.6	0.0	1.2
<b>EDUCATION</b>							
< High School	158	1.6	0.0	3.4	1.3	0.0	2.8
High School	449	3.0	0.1	6.0	1.1	0.0	2.7
High School +	1,082	3.2	1.7	4.8	2.9	0.7	5.1
<b>INCOME</b>							
<\$15,000	293	4.0	0.7	7.4	3.6	0.6	6.5
\$15,000-24,999	342	2.5	0.0	4.9	2.2	0.0	4.9
\$25,000-34,999	162	4.4	0.0	11.5	0.4	0.0	0.7
\$35,000-49,999	187	3.2	0.0	6.5	3.9	0.0	9.0
\$50,000-74,999	223	3.2	0.0	7.1	3.2	0.0	7.2
\$75,000+	335	1.9	0.1	3.7	2.6	0.0	5.5

Definition: Among all adult respondents: “Yes” response to the question “Have you ever been tested for HIV? AND “Private doctor or HMO office” response to “Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 16 HIV Testing

**Table 16.2.5 Had last HIV test at home or somewhere else**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	1,693	10.9	8.9	12.9	8.8	7.1	10.6
<b>REGION</b>							
Central	215	12.6	7.6	17.7	10.9	6.3	15.4
Kansas City Metro	415	9.0	5.2	12.8	8.0	3.8	12.2
Northeast	125	12.3	6.1	18.5	4.9	1.2	8.5
Northwest	137	15.0	7.4	22.5	11.7	2.9	20.5
Southeast	140	11.4	5.6	17.2	15.6	6.9	24.4
Southwest	169	11.3	6.5	16.1	9.4	4.2	14.6
St. Louis Metro	492	10.5	6.6	14.4	6.8	2.9	10.7
<b>GENDER</b>							
Female	1,018	8.1	5.9	10.3	6.9	4.9	8.9
Male	675	14.2	10.7	17.8	11.4	8.4	14.4
<b>RACE</b>							
African-American	323	4.7	1.1	8.2	3.3	0.7	5.9
Other	129	10.6	3.3	18.0	8.2	0.4	16.0
White	966	13.6	10.6	16.6	15.7	8.6	22.8
<b>EDUCATION</b>							
< High School	158	2.1	0.3	3.9	1.6	0.0	3.4
High School	449	10.4	6.4	14.3	7.6	3.9	11.4
High School +	1,082	12.9	10.2	15.6	7.9	5.0	10.7
<b>INCOME</b>							
<\$15,000	293	4.7	1.8	7.7	4.0	1.5	6.5
\$15,000-24,999	342	8.0	4.4	11.6	5.6	2.2	9.0
\$25,000-34,999	162	4.2	1.4	7.0	6.8	3.0	10.5
\$35,000-49,999	187	10.3	4.2	16.4	3.7	0.9	6.5
\$50,000-74,999	223	14.8	8.7	20.9	7.4	3.2	11.6
\$75,000+	335	17.1	11.6	22.6	10.5	6.0	15.0

Definition: Among all adult respondent: “Yes” response to the question “Have you ever been tested for HIV? AND “Private doctor or HMO office” response to “Where did you have your last HIV test—at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.1 Ever told had a heart attack (myocardial infarction)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,073	5.4	4.7	6.1	4.8	4.2	5.4
<b>REGION</b>							
Central	895	5.8	3.9	7.7	5.6	3.6	7.6
Kansas City Metro	1,439	4.2	2.9	5.6	3.9	2.7	5.2
Northeast	743	6.8	5.0	8.7	5.4	4.0	6.9
Northwest	703	6.9	4.7	9.0	6.1	4.3	7.9
Southeast	751	5.8	3.9	7.7	4.7	3.1	6.2
Southwest	795	5.4	3.8	7.0	4.5	3.2	5.9
St. Louis Metro	1,747	5.5	4.0	7.0	4.9	3.6	6.2
<b>GENDER</b>							
Female	4,342	3.5	2.9	4.1	3.0	2.4	3.5
Male	2,731	7.4	6.1	8.8	6.9	5.7	8.0
<b>RACE</b>							
African-American	843	4.1	2.0	6.2	4.1	2.0	6.1
Other	363	7.5	2.2	12.7	9.5	3.6	15.5
White	4,976	6.2	5.3	7.1	4.7	4.0	5.3
<b>EDUCATION</b>							
< High School	726	9.9	6.7	13.0	8.2	5.4	11.0
High School	2,416	6.6	5.2	7.9	5.5	4.3	6.7
High School +	3,911	3.7	3.0	4.4	3.6	3.0	4.3
<b>INCOME</b>							
<\$15,000	856	7.9	5.0	10.8	8.2	5.1	11.3
\$15,000-24,999	1,243	7.9	5.6	10.2	6.8	4.7	9.0
\$25,000-34,999	777	7.4	4.8	10.1	5.4	3.3	7.5
\$35,000-49,999	887	3.1	1.8	4.3	2.6	1.6	3.7
\$50,000-74,999	872	4.9	3.1	6.6	4.3	2.9	5.8
\$75,000+	1,211	3.2	2.0	4.5	3.3	2.1	4.5

Definition: “Yes” response to the question “Has a doctor, nurse or other health professional EVER told you that they had a heart attack, also called a myocardial infarction?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.2 Ever been told by a health professional they had angina or coronary heart disease**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,011	4.6	4.0	5.2	4.2	3.6	4.7
<b>REGION</b>							
Central	882	4.8	3.3	6.4	4.5	3.2	5.9
Kansas City Metro	1,429	3.9	2.6	5.1	3.7	2.5	4.9
Northeast	734	4.5	3.1	5.8	3.5	2.5	4.6
Northwest	698	5.4	3.5	7.3	5.0	3.3	6.7
Southeast	747	6.0	4.1	8.0	5.1	3.4	6.8
Southwest	790	5.6	3.7	7.5	4.9	3.2	6.6
St. Louis Metro	1,731	4.0	2.9	5.1	3.8	2.7	4.9
<b>GENDER</b>							
Female	4,313	3.6	2.9	4.3	3.2	2.5	3.9
Male	2,698	5.7	4.6	6.7	5.3	4.4	6.3
<b>RACE</b>							
African-American	835	4.6	2.2	7.0	4.6	2.2	7.0
Other	357	4.0	1.1	7.0	5.9	2.3	9.5
White	4,933	5.3	4.5	6.1	4.1	3.4	4.7
<b>EDUCATION</b>							
< High School	704	7.5	5.1	9.9	6.1	4.1	8.1
High School	2,393	5.3	4.1	6.5	4.4	3.3	5.6
High School +	3,895	3.5	2.8	4.2	3.5	2.8	4.1
<b>INCOME</b>							
<\$15,000	840	7.2	4.5	9.9	7.4	4.6	10.1
\$15,000-24,999	1,225	6.6	4.9	8.4	5.7	4.2	7.3
\$25,000-34,999	772	4.4	2.4	6.3	3.4	1.7	5.0
\$35,000-49,999	885	3.9	2.2	5.6	3.6	1.8	5.5
\$50,000-74,999	866	4.2	2.7	5.8	4.1	2.6	5.6
\$75,000+	1,209	3.1	2.0	4.2	3.2	2.1	4.3

Definition: "Yes" response to the question "Has a doctor, nurse or other health professional EVER told you that they had angina or coronary heart disease?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.3 Ever been told by a health professional that they had a stroke**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,095	3.2	2.7	3.8	3.0	2.5	3.5
<b>REGION</b>							
Central	895	2.4	1.4	3.3	2.2	1.4	3.1
Kansas City Metro	1,442	2.0	1.1	2.9	2.0	1.1	2.9
Northeast	743	4.5	2.9	6.1	3.7	2.4	5.1
Northwest	707	3.9	2.3	5.5	3.5	2.2	4.9
Southeast	758	4.3	2.6	6.1	3.8	2.2	5.4
Southwest	802	3.7	2.4	5.1	3.3	2.1	4.6
St. Louis Metro	1,748	3.5	2.4	4.5	3.2	2.2	4.2
<b>GENDER</b>							
Female	4,358	3.4	2.7	4.1	3.1	2.3	3.9
Male	2,737	3.1	2.3	3.8	2.9	2.2	3.5
<b>RACE</b>							
African-American	847	3.7	1.9	5.4	3.5	1.8	5.3
Other	363	4.1	1.5	6.7	5.2	2.3	8.1
White	4,993	3.3	2.7	3.9	2.5	2.0	3.0
<b>EDUCATION</b>							
< High School	734	6.3	4.3	8.4	5.3	3.4	7.2
High School	2,425	3.7	2.6	4.7	3.3	2.1	4.5
High School +	3,916	2.2	1.7	2.8	2.2	1.7	2.7
<b>INCOME</b>							
<\$15,000	861	5.5	3.7	7.3	5.4	3.6	7.2
\$15,000-24,999	1,246	6.5	4.6	8.5	6.1	3.8	8.3
\$25,000-34,999	782	3.9	1.9	5.8	3.1	1.4	4.8
\$35,000-49,999	889	2.5	1.2	3.8	2.3	1.1	3.6
\$50,000-74,999	873	1.5	0.6	2.3	1.6	0.7	2.6
\$75,000+	1,209	1.1	0.5	1.8	1.2	0.5	1.9

Definition: "Yes" response to the question "Has a doctor, nurse or other health professional EVER told you that they had a stroke?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.4 Adult asthma: Ever been told by a health professional had asthma**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,087	15.7	14.3	17.0	15.9	14.5	17.4
<b>REGION</b>							
Central	895	15.5	12.4	18.6	14.9	12.0	17.8
Kansas City Metro	1,440	16.4	13.6	19.2	16.5	13.7	19.4
Northeast	743	11.5	8.3	14.6	11.0	7.8	14.2
Northwest	704	14.9	10.2	19.7	15.1	9.8	20.4
Southeast	754	14.0	10.1	17.9	14.3	10.2	18.5
Southwest	800	15.2	11.7	18.7	15.1	11.5	18.8
St. Louis Metro	1,751	16.5	13.9	19.2	17.2	14.2	20.1
<b>GENDER</b>							
Female	4,353	17.9	16.1	19.7	18.2	16.2	20.1
Male	2,734	13.3	11.3	15.3	13.5	11.4	15.7
<b>RACE</b>							
African-American	847	16.2	11.5	20.8	16.3	11.6	21.0
Other	363	17.7	11.2	24.1	16.9	10.8	23.0
White	4,987	15.0	13.4	16.6	16.2	14.3	18.2
<b>EDUCATION</b>							
< High School	731	17.9	13.4	22.5	18.7	13.3	24.1
High School	2,425	14.5	12.3	16.8	14.7	12.3	17.2
High School +	3,911	15.6	13.9	17.4	15.7	13.9	17.5
<b>INCOME</b>							
<\$15,000	858	25.8	20.8	30.9	25.2	20.2	30.1
\$15,000-24,999	1,247	18.3	15.0	21.7	18.8	15.2	22.3
\$25,000-34,999	778	12.0	8.3	15.8	12.6	8.4	16.7
\$35,000-49,999	889	13.1	9.7	16.4	14.4	10.3	18.6
\$50,000-74,999	874	12.7	9.6	15.8	12.8	9.6	15.9
\$75,000+	1,208	13.2	10.2	16.2	13.1	10.0	16.3

Definition: "Yes" response to the question "Have you ever been told by a doctor, nurse or other health professional that they had asthma?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.5 Adult asthma: Ever been told by a health professional still had asthma**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,056	10.8	9.7	12.0	11.0	9.8	12.2
<b>REGION</b>							
Central	890	10.4	7.9	12.9	10.3	7.8	12.8
Kansas City Metro	1,432	11.1	8.6	13.6	11.1	8.5	13.6
Northeast	740	8.9	6.0	11.8	8.5	5.6	11.4
Northwest	703	9.1	5.2	13.0	9.5	4.8	14.1
Southeast	753	9.5	6.0	12.9	9.5	5.9	13.2
Southwest	796	10.4	7.4	13.4	10.3	7.3	13.4
St. Louis Metro	1,742	11.8	9.5	14.1	12.3	9.8	14.8
<b>GENDER</b>							
Female	4,332	13.4	11.7	15.0	13.6	11.8	15.3
Male	2,724	8.1	6.5	9.7	8.3	6.7	10.0
<b>RACE</b>							
African-American	844	12.1	8.0	16.2	12.2	8.1	16.3
Other	362	12.4	6.7	18.1	12.8	7.0	18.7
White	4,963	10.1	8.8	11.5	10.8	9.1	12.4
<b>EDUCATION</b>							
< High School	728	12.9	9.2	16.6	12.9	8.9	16.8
High School	2,415	10.7	8.8	12.7	10.8	8.7	13.0
High School +	3,893	10.3	8.7	11.8	10.4	8.8	12.0
<b>INCOME</b>							
<\$15,000	849	19.4	14.6	24.1	19.1	14.5	23.6
\$15,000-24,999	1,244	12.9	10.1	15.8	13.5	10.3	16.6
\$25,000-34,999	773	8.4	5.0	11.7	8.6	4.8	12.4
\$35,000-49,999	884	9.5	6.4	12.6	10.9	7.0	14.7
\$50,000-74,999	872	8.7	6.0	11.3	8.8	6.0	11.6
\$75,000+	1,205	7.6	5.4	9.7	7.2	5.0	9.3

Definition: “Yes” or “No” response to the question “Have you ever been told by a doctor, nurse or other health professional that they had asthma?” AND “Yes” response to the question “Do you still have asthma?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.6 Ever been told by a health professional that they had skin cancer**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,097	7.1	6.4	7.9	6.3	5.6	6.9
<b>REGION</b>							
Central	895	7.6	5.7	9.4	6.9	5.3	8.4
Kansas City Metro	1,440	6.3	4.8	7.9	5.9	4.5	7.3
Northeast	744	8.6	6.5	10.7	7.1	5.4	8.8
Northwest	707	5.5	3.8	7.2	5.2	3.5	6.9
Southeast	757	7.9	5.8	10.0	6.6	4.8	8.4
Southwest	801	8.3	6.4	10.3	7.2	5.4	9.0
St. Louis Metro	1,753	6.7	5.3	8.1	5.8	4.7	7.0
<b>GENDER</b>							
Female	4,355	6.4	5.5	7.3	5.5	4.7	6.2
Male	2,742	7.9	6.7	9.1	7.3	6.3	8.3
<b>RACE</b>							
African-American	850	0.5	0.0	1.1	0.5	0.0	1.1
Other	363	2.3	1.0	3.7	4.3	1.9	6.7
White	4,990	9.8	8.7	10.9	7.3	6.5	8.1
<b>EDUCATION</b>							
< High School	735	7.2	5.1	9.4	5.3	3.8	6.8
High School	2,433	7.5	6.1	8.8	5.7	4.7	6.8
High School +	3,911	6.9	6.0	7.9	6.9	6.0	7.8
<b>INCOME</b>							
<\$15,000	863	4.2	2.7	5.7	4.1	2.7	5.5
\$15,000-24,999	1,249	7.2	5.5	8.9	5.8	4.4	7.2
\$25,000-34,999	781	9.0	6.2	11.7	6.9	4.5	9.4
\$35,000-49,999	889	6.0	4.2	7.8	5.3	3.7	6.9
\$50,000-74,999	873	6.6	4.8	8.4	6.2	4.6	7.8
\$75,000+	1,211	6.9	5.3	8.5	8.1	6.4	9.8

Definition: "Yes" response to the question "(Ever told) you had skin cancer?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.7 Ever been told by a health professional they had some other types of cancer**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,109	7.7	7.0	8.5	7.1	6.3	7.8
<b>REGION</b>							
Central	898	8.4	6.5	10.3	8.1	6.3	10.0
Kansas City Metro	1,446	7.1	5.5	8.7	6.5	5.1	8.0
Northeast	745	5.9	4.3	7.5	5.1	3.6	6.6
Northwest	707	6.9	4.8	9.0	6.3	4.4	8.2
Southeast	759	7.0	4.8	9.2	6.1	3.9	8.2
Southwest	802	8.9	6.7	11.2	8.0	5.9	10.2
St. Louis Metro	1,752	7.9	6.3	9.4	7.3	5.9	8.7
<b>GENDER</b>							
Female	4,367	9.4	8.3	10.5	8.6	7.5	9.7
Male	2,742	6.0	4.9	7.0	5.5	4.6	6.4
<b>RACE</b>							
African-American	852	7.0	4.4	9.5	6.7	4.5	9.0
Other	361	6.0	3.1	8.9	9.2	5.3	13.1
White	5,003	9.0	7.9	10.0	7.0	6.2	7.9
<b>EDUCATION</b>							
< High School	739	8.4	5.9	10.9	7.4	4.8	10.0
High School	2,434	8.3	6.9	9.7	6.6	5.4	7.8
High School +	3,916	7.3	6.3	8.3	7.3	6.3	8.2
<b>INCOME</b>							
<\$15,000	866	9.8	6.9	12.6	10.4	7.2	13.5
\$15,000-24,999	1,250	8.3	6.4	10.2	7.8	5.8	9.7
\$25,000-34,999	780	7.4	5.4	9.5	5.5	3.8	7.2
\$35,000-49,999	889	8.1	5.8	10.4	7.3	5.2	9.3
\$50,000-74,999	874	5.4	3.6	7.3	5.3	3.5	7.0
\$75,000+	1,212	6.9	5.3	8.5	7.8	6.0	9.6

Definition: "Yes" response to the question "(Ever told) you had any types of cancer?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.8 Ever been told by a health professional that they had Chronic Obstructive Pulmonary Disease (COPD), emphysema or chronic bronchitis**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,073	7.6	6.8	8.5	7.1	6.3	8.0
<b>REGION</b>							
Central	893	7.3	5.5	9.1	7.2	5.4	9.0
Kansas City Metro	1,439	7.0	5.1	8.9	6.6	4.9	8.4
Northeast	741	9.5	7.0	12.0	8.8	6.3	11.4
Northwest	702	10.8	7.4	14.2	10.6	7.2	14.0
Southeast	753	9.5	7.0	11.9	8.1	6.0	10.2
Southwest	797	8.5	6.1	10.9	7.7	5.5	9.9
St. Louis Metro	1,748	6.6	5.0	8.1	6.3	4.7	7.9
<b>GENDER</b>							
Female	4,341	8.9	7.7	10.2	8.3	7.1	9.5
Male	2,732	6.2	5.1	7.4	5.9	4.8	7.1
<b>RACE</b>							
African-American	846	5.7	3.1	8.2	5.6	3.0	8.1
Other	358	8.7	3.8	13.7	11.4	5.6	17.3
White	4,982	7.9	6.9	8.8	6.9	5.9	7.8
<b>EDUCATION</b>							
< High School	728	15.0	11.3	18.6	14.0	10.3	17.6
High School	2,415	8.8	7.3	10.4	7.5	6.1	8.9
High School +	3,910	5.1	4.2	5.9	5.1	4.3	5.9
<b>INCOME</b>							
<\$15,000	858	17.4	13.3	21.5	17.4	13.6	21.3
\$15,000-24,999	1,245	11.3	8.7	14.0	11.2	8.4	13.9
\$25,000-34,999	779	9.1	6.7	11.6	6.9	4.9	9.0
\$35,000-49,999	885	6.0	4.1	8.0	5.6	3.7	7.5
\$50,000-74,999	872	3.8	2.4	5.3	3.6	2.3	5.0
\$75,000+	1,211	2.1	1.1	3.0	2.0	1.1	2.9

Definition: "Yes" response to the question "Ever told) you have COPD (chronic obstructive pulmonary disease, emphysema or chronic bronchitis?"



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.9 Ever been told by a health professional that they had some form of arthritis, (rheumatoid arthritis, gout, lupus, or fibromyalgia)**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,066	28.4	26.9	29.9	26.4	25.0	27.7
<b>REGION</b>							
Central	895	25.3	22.0	28.6	24.6	21.5	27.7
Kansas City Metro	1,432	29.6	26.3	32.9	27.8	24.9	30.7
Northeast	742	30.9	26.8	35.0	27.6	23.7	31.5
Northwest	699	27.9	23.1	32.7	27.9	22.9	32.9
Southeast	757	36.8	32.4	41.2	33.5	29.1	37.9
Southwest	796	25.7	22.1	29.3	22.9	19.6	26.2
St. Louis Metro	1,745	27.3	24.5	30.2	25.2	22.5	27.9
<b>GENDER</b>							
Female	4,339	30.2	28.3	32.1	27.3	25.4	29.1
Male	2,727	26.5	24.2	28.7	25.3	23.2	27.4
<b>RACE</b>							
African-American	845	26.3	21.0	31.7	26.0	20.7	31.3
Other	361	22.0	15.5	28.5	30.9	24.4	37.4
White	4,969	32.0	30.2	33.8	26.6	24.9	28.3
<b>EDUCATION</b>							
< High School	730	35.6	30.4	40.8	31.7	26.8	36.6
High School	2,417	32.2	29.6	34.9	28.1	25.5	30.7
High School +	3,899	24.5	22.7	26.3	24.0	22.3	25.7
<b>INCOME</b>							
<\$15,000	858	37.4	32.2	42.7	38.6	33.8	43.5
\$15,000-24,999	1,242	34.2	30.3	38.1	33.4	29.4	37.3
\$25,000-34,999	775	30.9	26.3	35.5	24.9	21.1	28.7
\$35,000-49,999	884	26.0	22.2	29.7	23.5	20.1	27.0
\$50,000-74,999	871	25.3	21.5	29.1	23.9	20.4	27.3
\$75,000+	1,210	21.1	18.0	24.1	20.9	18.0	23.8

Definition: "Yes" response to the question "(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?" Arthritis diagnoses include: rheumatism, polymyalgia rheumatica; osteoarthritis (not osteoporosis); tendonitis, bursitis, bunion, tennis elbow; carpal tunnel syndrome, tarsal tunnel syndrome; joint infection, Reiter's syndrome; ankylosing spondylitis; spondylosis; rotator cuff syndrome; connective tissue disease, scleroderma, polymyositis, Raynaud's syndrome; vasculitis (giant cell arteritis, Henoch-Schonlein purpura, Wegener's granulomatosis, polyarteritis nodosa)

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.10 Ever been told by a health professional they had a depressive disorder**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,089	21.3	19.9	22.7	21.5	20.0	22.9
<b>REGION</b>							
Central	893	24.1	20.5	27.8	24.7	20.8	28.5
Kansas City Metro	1,444	21.2	18.2	24.2	21.2	18.1	24.3
Northeast	742	19.5	15.8	23.3	19.3	15.2	23.4
Northwest	704	20.6	16.1	25.2	21.4	16.4	26.4
Southeast	759	23.0	18.9	27.1	23.0	18.6	27.4
Southwest	801	22.6	18.7	26.5	22.6	18.4	26.7
St. Louis Metro	1,746	19.7	17.1	22.3	19.7	17.0	22.4
<b>GENDER</b>							
Female	4,355	25.1	23.2	27.0	25.5	23.4	27.6
Male	2,734	17.3	15.2	19.3	17.2	15.2	19.3
<b>RACE</b>							
African-American	851	15.2	11.2	19.3	15.3	11.1	19.4
Other	357	24.8	17.6	32.1	26.3	19.7	32.9
White	4,989	20.5	18.9	22.1	21.1	19.2	23.0
<b>EDUCATION</b>							
< High School	732	26.3	21.4	31.3	28.1	22.4	33.8
High School	2,427	19.9	17.5	22.3	19.8	17.2	22.5
High School +	3,910	21.0	19.3	22.8	21.0	19.1	22.8
<b>INCOME</b>							
<\$15,000	860	40.6	35.1	46.1	42.1	36.4	47.8
\$15,000-24,999	1,247	27.7	24.0	31.4	29.4	25.3	33.6
\$25,000-34,999	775	22.5	18.1	27.0	22.9	17.8	28.0
\$35,000-49,999	890	18.1	14.6	21.6	17.6	13.9	21.2
\$50,000-74,999	872	14.9	11.8	18.0	14.8	11.5	18.2
\$75,000+	1,212	13.8	11.3	16.3	13.5	10.8	16.2

Definition: “Yes” response to the question “(Ever told) you have a depressive disorder (including depression, major depression, dysthymia, or minor depression)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.11 Ever been told by a health professional that they had kidney disease**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,092	2.0	1.6	2.4	1.9	1.5	2.3
<b>REGION</b>							
Central	896	1.8	0.9	2.7	1.7	0.9	2.5
Kansas City Metro	1,440	1.8	1.0	2.5	1.7	1.0	2.4
Northeast	743	2.5	1.1	3.9	2.5	0.9	4.1
Northwest	706	1.1	0.3	2.0	1.0	0.3	1.8
Southeast	754	3.1	1.6	4.5	2.5	1.3	3.8
Southwest	803	2.8	1.3	4.3	2.6	1.2	3.9
St. Louis Metro	1,750	1.5	0.9	2.2	1.5	0.8	2.2
<b>GENDER</b>							
Female	4,352	2.1	1.5	2.6	1.9	1.4	2.5
Male	2,740	1.9	1.3	2.5	1.8	1.2	2.4
<b>RACE</b>							
African-American	847	2.3	1.2	3.4	2.2	1.2	3.3
Other	364	1.4	0.1	2.8	1.5	0.4	2.7
White	4,987	2.2	1.7	2.7	1.9	1.4	2.4
<b>EDUCATION</b>							
< High School	733	2.7	1.0	4.3	2.0	0.6	3.4
High School	2,430	1.9	1.2	2.5	1.5	1.0	2.1
High School +	3,910	1.9	1.4	2.4	2.0	1.4	2.5
<b>INCOME</b>							
<\$15,000	861	4.1	1.8	6.4	4.2	1.7	6.7
\$15,000-24,999	1,248	2.1	1.2	3.0	2.0	1.1	2.8
\$25,000-34,999	778	2.8	1.5	4.1	2.4	1.1	3.8
\$35,000-49,999	890	1.9	0.9	3.0	1.9	0.7	3.0
\$50,000-74,999	871	0.7	0.2	1.2	0.7	0.2	1.2
\$75,000+	1,209	1.4	0.6	2.1	1.5	0.7	2.4

Definition: "Yes" response to the question "(Ever told) you have kidney disease? Do NOT include kidney stones, bladder infection or incontinence."

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 17 Chronic Health Conditions and Diseases

**Table 17.12 Ever been told by a health professional that they had diabetes**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,112	9.6	8.7	10.5	8.9	8.0	9.7
<b>REGION</b>							
Central	899	8.5	6.5	10.5	8.1	6.2	10.0
Kansas City Metro	1,445	9.2	7.3	11.2	9.0	7.1	10.9
Northeast	746	10.3	7.7	13.0	9.1	6.4	11.8
Northwest	707	10.0	7.3	12.7	9.7	7.0	12.3
Southeast	759	12.7	10.0	15.5	10.9	8.4	13.4
Southwest	804	8.3	6.2	10.4	7.6	5.5	9.6
St. Louis Metro	1,752	9.8	8.1	11.4	9.0	7.3	10.6
<b>GENDER</b>							
Female	4,364	10.2	9.1	11.4	9.2	8.1	10.3
Male	2,748	9.0	7.6	10.3	8.5	7.2	9.8
<b>RACE</b>							
African-American	849	16.4	12.6	20.3	16.1	12.5	19.7
Other	364	7.7	4.2	11.2	10.7	6.5	14.8
White	5,005	9.9	8.8	11.0	8.3	7.3	9.4
<b>EDUCATION</b>							
< High School	737	11.3	8.4	14.1	9.5	6.9	12.2
High School	2,433	10.9	9.2	12.5	9.9	8.2	11.6
High School +	3,922	8.5	7.4	9.6	8.3	7.2	9.4
<b>INCOME</b>							
<\$15,000	864	15.6	12.0	19.2	15.8	12.2	19.5
\$15,000-24,999	1,251	10.6	8.6	12.6	9.6	7.7	11.5
\$25,000-34,999	782	11.6	8.7	14.4	10.0	6.8	13.1
\$35,000-49,999	890	10.1	7.6	12.7	9.6	7.0	12.2
\$50,000-74,999	873	8.3	6.1	10.5	7.9	5.8	9.9
\$75,000+	1,212	5.6	4.0	7.2	5.1	3.6	6.5

Definition: “Yes” response to the question “Have you ever been told by a doctor that you have diabetes?” [Only when pregnant and pre-diabetes or borderline diabetes coded as “No” responses.]

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.1 Went to outpatient rehabilitation after they had heart attack**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	516	36.2	30.0	42.4
<b>REGION</b>				
Central	57	46.1	29.0	63.2
Kansas City Metro	89	40.2	23.7	56.7
Northeast	69	46.3	32.6	60.1
Northwest	70	54.3	38.7	69.9
Southeast	57	26.1	12.8	39.4
Southwest	56	34.1	17.2	51.1
St. Louis Metro	118	29.6	17.8	41.4
<b>GENDER</b>				
Female	248	36.0	27.4	44.6
Male	268	36.3	28.2	44.4
<b>RACE</b>				
African-American	57	25.9	2.1	49.6
Other	--	--	--	--
White	382	39.4	32.1	46.6
<b>EDUCATION</b>				
< High School	99	24.5	11.2	37.8
High School	196	36.9	27.1	46.8
High School +	220	42.1	32.4	51.8
<b>INCOME</b>				
<\$15,000	84	16.9	14.6	19.1
\$15,000-24,999	140	37.3	32.8	41.7
\$25,000-34,999	68	28.6	21.6	35.6
\$35,000-49,999	--	--	--	--
\$50,000-74,999	--	--	--	--
\$75,000+	--	--	--	--

Definition: “Yes” response to “Has a doctor, nurse or other health professional EVER told you had a heart attack, also called a myocardial infarction?” AND “Yes” response to “Following your heart attack, did you go to any kind of outpatient rehabilitation? This is sometimes called 'rehab.'”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.2 Went to outpatient rehabilitation after had a stroke**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	351	32.0	26.8	37.1
<b>REGION</b>				
Central	--	--	--	--
Kansas City Metro	51	27.2	11.3	43.1
Northeast	--	--	--	--
Northwest	--	--	--	--
Southeast	--	--	--	--
Southwest	--	--	--	--
St. Louis Metro	102	39.3	29.6	48.9
<b>GENDER</b>				
Female	222	31.2	24.1	38.3
Male	129	32.9	25.5	40.2
<b>RACE</b>				
African-American	63	24.9	14.6	35.3
Other	--	--	--	--
White	230	32.1	24.5	39.8
<b>EDUCATION</b>				
< High School	77	14.4	7.2	21.6
High School	124	38.4	29.8	46.9
High School +	150	37.1	28.9	45.3
<b>INCOME</b>				
<\$15,000	79	14.9	8.1	21.7
\$15,000-24,999	109	38.7	29.2	48.2
\$25,000-34,999	--	--	--	--
\$35,000-49,999	--	--	--	--
\$50,000-74,999	--	--	--	--
\$75,000+	--	--	--	--

Definition: “Yes” response to “Has a doctor, nurse or other health professional EVER told you had a stroke?” AND “Yes” response to “Following your stroke, did you go to any kind of outpatient rehabilitation? This is sometimes called 'rehab.'”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.3 Take aspirin daily or every other day**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,413	28.2	26.6	29.7	24.1	22.8	25.4
<b>REGION</b>							
Central	822	26.5	23.0	30.0	24.6	21.4	27.7
Kansas City Metro	1,211	30.7	26.9	34.6	26.3	22.8	29.7
Northeast	698	31.5	27.2	35.9	26.6	22.7	30.5
Northwest	656	29.2	24.5	33.8	25.5	21.7	29.3
Southeast	713	30.2	26.2	34.3	25.0	22.0	27.9
Southwest	727	29.5	25.4	33.5	24.3	21.0	27.5
St. Louis Metro	1,586	25.7	22.9	28.5	22.1	19.7	24.5
<b>GENDER</b>							
Female	3,975	25.3	23.5	27.1	21.1	19.5	22.6
Male	2,438	31.2	28.7	33.8	27.5	25.4	29.6
<b>RACE</b>							
African-American	761	27.8	22.3	33.2	24.7	20.1	29.4
Other	305	28.6	19.5	37.7	31.9	23.9	39.9
White	4,514	32.1	30.2	34.0	24.2	22.5	25.8
<b>EDUCATION</b>							
< High School	675	31.9	26.6	37.1	26.1	21.5	30.8
High School	2,209	32.7	29.9	35.5	26.7	24.1	29.3
High School +	3,516	24.5	22.7	26.4	22.2	20.7	23.7
<b>INCOME</b>							
<\$15,000	768	29.6	24.3	34.8	28.1	22.7	33.5
\$15,000-24,999	1,140	32.2	28.2	36.3	27.7	24.1	31.2
\$25,000-34,999	717	31.1	26.4	35.8	23.5	19.4	27.5
\$35,000-49,999	800	27.5	23.4	31.7	23.4	19.8	26.9
\$50,000-74,999	805	24.3	20.6	28.0	21.5	18.7	24.2
\$75,000+	1,087	24.8	21.5	28.1	22.9	20.2	25.5

Definition: Among all respondents: "Yes" response to "Do you take aspirin daily or every other day?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.3.1 Women age 55-79 years old: Took aspirin daily or every other day**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	1,995	43.3	40.2	46.4
<b>REGION</b>				
Central	218	43.8	35.7	51.8
Kansas City Metro	371	46.1	38.5	53.8
Northeast	212	44.5	36.6	52.3
Northwest	214	47.1	38.8	55.5
Southeast	245	45.7	38.3	53.1
Southwest	240	44.1	36.4	51.8
St. Louis Metro	495	40.0	33.9	46.1
<b>GENDER</b>				
Female	1,995	43.3	40.2	46.4
Male	0			
<b>RACE</b>				
African-American	298	49.6	39.8	59.5
Other	75	40.6	23.3	57.8
White	1,480	43.6	40.1	47.2
<b>EDUCATION</b>				
< High School	208	52.0	42.2	61.8
High School	721	46.8	41.6	52.0
High School +	1,064	38.8	34.7	43.0
<b>INCOME</b>				
<\$15,000	247	51.1	40.8	61.3
\$15,000-24,999	377	46.2	38.9	53.5
\$25,000-34,999	234	45.3	36.0	54.5
\$35,000-49,999	250	41.0	32.3	49.7
\$50,000-74,999	214	38.7	29.7	47.8
\$75,000+	257	41.8	33.8	49.7

Definition: Among female respondents age 55-79: “Yes” response to “Do you take aspirin daily or every other day?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.3.2 Men age 45-70 years old: Took aspirin daily or every other day**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	1,252	44.8	40.9	48.8
<b>REGION</b>				
Central	152	37.6	28.3	47.0
Kansas City Metro	231	48.1	38.6	57.7
Northeast	153	46.2	36.7	55.7
Northwest	120	47.7	36.1	59.4
Southeast	150	56.9	47.3	66.4
Southwest	139	49.6	39.1	60.2
St. Louis Metro	307	39.2	31.8	46.6
<b>GENDER</b>				
Female	0			
Male	1,252	44.8	40.9	48.8
<b>RACE</b>				
African-American	128	51.2	35.5	66.9
Other	63	51.4	26.8	76.1
White	892	45.3	40.6	49.9
<b>EDUCATION</b>				
< High School	108	49.1	35.0	63.3
High School	452	42.0	35.6	48.3
High School +	691	45.7	40.5	50.8
<b>INCOME</b>				
<\$15,000	133	41.6	27.6	55.6
\$15,000-24,999	195	52.7	42.4	63.1
\$25,000-34,999	132	38.5	26.0	51.0
\$35,000-49,999	189	44.9	35.2	54.7
\$50,000-74,999	201	46.5	37.3	55.7
\$75,000+	284	44.4	36.7	52.2

Definition: Among male respondents age 45-70: “Yes” response to “Do you take aspirin daily or every other day?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.4 Do not take aspirin daily or every other day because of stomach or other health problem**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,945	10.6	9.3	12.0	11.4	10.0	12.8
<b>REGION</b>							
Central	532	11.0	7.7	14.4	12.2	8.7	15.7
Kansas City Metro	751	10.9	7.7	14.1	11.7	8.5	14.9
Northeast	402	9.5	6.3	12.8	10.6	7.2	13.9
Northwest	383	9.6	6.3	13.0	11.3	8.2	14.5
Southeast	426	10.3	6.9	13.7	10.9	7.7	14.1
Southwest	445	12.6	8.9	16.3	12.6	9.0	16.2
St. Louis Metro	1,006	9.9	7.4	12.5	10.6	7.9	13.4
<b>GENDER</b>							
Female	2,542	12.3	10.6	14.0	12.5	10.8	14.1
Male	1,403	8.7	6.5	10.9	9.9	7.6	12.1
<b>RACE</b>							
African-American	442	11.3	6.2	16.4	11.8	6.9	16.7
Other	189	8.0	3.5	12.4	13.3	7.2	19.5
White	2,689	12.8	11.0	14.7	12.3	10.3	14.2
<b>EDUCATION</b>							
< High School	368	16.4	10.5	22.3	17.3	10.9	23.6
High School	1,269	10.2	8.1	12.3	10.3	8.3	12.4
High School +	2,301	9.6	8.0	11.2	10.7	9.1	12.3
<b>INCOME</b>							
<\$15,000	466	17.9	12.8	23.0	18.7	13.6	23.8
\$15,000-24,999	637	12.9	9.7	16.1	14.2	10.8	17.5
\$25,000-34,999	420	11.0	7.2	14.8	10.6	7.0	14.3
\$35,000-49,999	507	8.9	5.7	12.1	9.1	6.1	12.1
\$50,000-74,999	527	6.6	4.1	9.0	8.0	5.1	11.0
\$75,000+	746	9.0	5.4	12.5	10.3	6.7	13.8

Definition: Among respondents age 35 and older: “No” response to “Do you take aspirin daily or every other day?” AND “Yes, not stomach related” AND “Yes, stomach problems” to “Do you have a health problem or condition that makes taking aspirin unsafe for you?” If yes, “Is this a stomach condition?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

### Table 18.5 Took aspirin to relieve pain

Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,429	23.4	20.7	26.1	40.4	34.5	46.3
<b>REGION</b>							
Central	286	17.8	12.3	23.3	28.3	17.7	38.8
Kansas City Metro	451	21.4	15.1	27.6	36.2	23.7	48.6
Northeast	289	27.5	20.2	34.8	32.2	19.8	44.6
Northwest	270	24.8	17.4	32.3	36.9	25.6	48.2
Southeast	282	24.9	18.4	31.4	45.1	39.8	50.4
Southwest	280	28.0	20.2	35.8	39.0	28.7	49.2
St. Louis Metro	571	23.0	17.6	28.5	49.1	40.7	57.6
<b>GENDER</b>							
Female	1,415	19.5	16.3	22.7	34.0	26.5	41.5
Male	1,014	26.9	22.6	31.1	46.4	38.7	54.1
<b>RACE</b>							
African-American	307	14.9	8.6	21.2	39.5	35.6	43.4
Other	115	38.5	20.6	56.3	43.7	29.3	58.0
White	1,803	20.4	17.5	23.2	37.8	29.9	45.6
<b>EDUCATION</b>							
< High School	300	19.8	12.6	26.9	38.1	22.5	53.6
High School	921	28.7	23.8	33.5	46.1	36.6	55.5
High School +	1,203	20.4	16.9	24.0	37.6	28.4	46.8
<b>INCOME</b>							
<\$15,000	294	29.9	19.8	40.0	42.7	33.8	51.5
\$15,000-24,999	496	24.3	18.2	30.4	47.5	37.1	58.0
\$25,000-34,999	293	24.5	16.5	32.4	40.5	28.4	52.6
\$35,000-49,999	289	27.4	19.4	35.4	44.1	30.1	58.2
\$50,000-74,999	272	18.6	12.4	24.9	34.8	25.7	43.8
\$75,000+	339	20.8	14.5	27.1	26.6	20.2	32.9

Definition: Among respondents age 35 and older: “No” response to “Do you take aspirin daily or every other day?” AND “Yes” response to “Do you take aspirin to relieve pain?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.6 Took aspirin to reduce the chance of a heart attack**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,349	86.1	83.8	88.3	69.7	63.6	75.7
<b>REGION</b>							
Central	277	82.8	77.2	88.4	70.1	59.5	80.8
Kansas City Metro	439	87.0	81.5	92.5	79.0	70.7	87.2
Northeast	279	79.0	71.1	86.9	69.3	59.9	78.8
Northwest	264	87.7	81.5	93.9	57.0	48.3	65.8
Southeast	275	90.9	86.4	95.4	83.0	80.9	85.2
Southwest	268	85.8	79.8	91.8	71.3	61.0	81.5
St. Louis Metro	547	86.1	81.5	90.6	64.0	52.9	75.0
<b>GENDER</b>							
Female	1,362	87.1	84.2	90.0	71.4	64.6	78.2
Male	987	85.1	81.7	88.6	67.0	58.3	75.8
<b>RACE</b>							
African-American	297	91.0	85.5	96.6	82.2	78.9	85.6
Other	112	73.5	57.6	89.3	79.1	66.4	91.7
White	1,739	88.2	85.9	90.6	71.8	64.3	79.4
<b>EDUCATION</b>							
< High School	281	90.0	84.9	95.1	70.8	56.5	85.1
High School	887	81.8	77.5	86.1	66.4	56.0	76.7
High School +	1,177	88.1	85.1	91.1	67.1	59.0	75.1
<b>INCOME</b>							
<\$15,000	280	88.0	81.9	94.1	78.9	71.7	86.0
\$15,000-24,999	474	81.9	76.3	87.5	64.6	55.7	73.6
\$25,000-34,999	286	79.8	71.3	88.4	47.8	37.3	58.4
\$35,000-49,999	285	84.6	77.8	91.4	66.4	50.5	82.4
\$50,000-74,999	265	92.3	88.2	96.4	69.7	60.6	78.7
\$75,000+	336	90.7	85.8	95.5	76.2	70.5	81.9

Definition: Among respondents age 35 and older: “No” response to “Do you take aspirin daily or every other day?” AND “Yes” response to “Do you take aspirin to reduce the chance of a heart attack?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 18 Cardiovascular Health

**Table 18.7 Took aspirin to reduce the chance of a stroke**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,210	70.8	67.8	73.8	59.2	52.9	65.6
<b>REGION</b>							
Central	265	72.1	65.2	78.9	65.0	54.1	76.0
Kansas City Metro	418	72.0	64.6	79.4	62.1	48.5	75.6
Northeast	258	65.3	56.9	73.6	62.9	53.2	72.7
Northwest	235	68.8	60.7	76.9	46.6	37.3	55.8
Southeast	256	75.1	68.2	81.9	57.5	54.1	60.9
Southwest	254	70.6	62.4	78.8	63.6	52.7	74.5
St. Louis Metro	524	69.3	63.4	75.2	54.5	42.6	66.4
<b>GENDER</b>							
Female	1,276	73.1	69.4	76.7	63.9	56.6	71.2
Male	934	68.8	64.2	73.4	54.2	45.3	63.1
<b>RACE</b>							
African-American	278	78.7	71.3	86.2	72.3	62.3	82.3
Other	108	71.7	55.5	88.0	78.0	65.2	90.7
White	1,625	72.3	68.9	75.6	60.7	53.0	68.4
<b>EDUCATION</b>							
< High School	252	66.7	57.2	76.3	55.2	39.0	71.4
High School	835	66.0	60.9	71.1	52.2	42.5	61.9
High School +	1,120	75.6	71.8	79.5	60.5	52.3	68.8
<b>INCOME</b>							
<\$15,000	263	70.1	59.1	81.0	64.7	52.5	76.9
\$15,000-24,999	450	67.4	60.5	74.2	56.6	47.2	66.0
\$25,000-34,999	268	68.9	60.3	77.5	41.5	30.4	52.6
\$35,000-49,999	275	72.6	64.7	80.5	61.3	44.9	77.6
\$50,000-74,999	250	73.2	64.9	81.4	61.4	52.0	70.9
\$75,000+	322	79.5	73.2	85.8	55.3	47.6	62.9

Definition: Among respondents age 35 and older: “No” response to “Do you take aspirin daily or every other day?” AND “Yes” response to “Do you take aspirin to reduce the chance of a stroke?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 19 Hypertension Awareness

**Table 19.1 Ever been told by a doctor that they had high blood pressure**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	7,105	32.0	30.5	33.6	30.0	28.5	31.5
<b>REGION</b>							
Central	898	31.7	28.0	35.3	31.2	27.7	34.7
Kansas City Metro	1,444	30.4	27.0	33.7	29.1	25.9	32.3
Northeast	744	34.5	30.2	38.8	31.5	27.2	35.8
Northwest	706	35.9	30.7	41.2	35.1	29.8	40.4
Southeast	756	36.5	32.0	40.9	32.2	27.7	36.8
Southwest	804	31.7	27.6	35.7	28.8	24.9	32.7
St. Louis Metro	1,753	31.3	28.3	34.4	29.3	26.4	32.2
<b>GENDER</b>							
Female	4,364	30.0	28.1	31.9	27.1	25.3	28.9
Male	2,741	34.2	31.7	36.7	33.0	30.6	35.4
<b>RACE</b>							
African-American	852	39.8	33.6	46.0	39.1	33.3	44.8
Other	362	27.4	19.7	35.1	35.6	28.3	42.9
White	5,002	33.8	32.0	35.6	28.1	26.4	29.8
<b>EDUCATION</b>							
< High School	737	39.1	33.6	44.5	35.8	30.0	41.7
High School	2,434	37.2	34.4	40.0	33.3	30.5	36.0
High School +	3,916	27.3	25.4	29.1	26.8	25.1	28.5
<b>INCOME</b>							
<\$15,000	865	39.2	33.8	44.7	39.7	34.3	45.1
\$15,000-24,999	1,249	36.5	32.6	40.5	34.8	30.8	38.7
\$25,000-34,999	782	36.5	31.5	41.5	32.5	27.0	38.0
\$35,000-49,999	890	30.8	26.7	34.8	27.5	24.1	30.8
\$50,000-74,999	874	27.5	23.6	31.4	26.0	22.4	29.6
\$75,000+	1,212	25.9	22.7	29.1	25.6	22.7	28.4

Definition: “Yes” response to question “Have you EVER been told by a doctor, nurse or other health professional that you have high blood pressure?” [Only when pregnant, and borderline high or prehypertensive coded as “No” responses.]

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 19 Hypertension Awareness

**Table 19.2 Currently taking medication for high blood pressure**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	3,053	82.9	80.5	85.3	68.6	64.1	73.1
<b>REGION</b>							
Central	355	82.1	76.5	87.7	71.5	63.6	79.3
Kansas City Metro	613	82.7	77.5	87.8	70.4	61.8	79.1
Northeast	338	83.8	77.5	90.1	63.5	55.6	71.3
Northwest	329	77.2	69.1	85.3	66.4	56.4	76.5
Southeast	353	85.6	77.9	93.3	83.3	73.2	93.5
Southwest	334	80.8	74.0	87.6	63.1	55.4	70.7
St. Louis Metro	731	83.9	79.3	88.4	66.1	60.3	71.9
<b>GENDER</b>							
Female	1,877	86.7	83.9	89.5	70.8	64.2	77.4
Male	1,176	79.3	75.5	83.1	66.8	60.7	72.9
<b>RACE</b>							
African-American	494	81.7	72.6	90.8	71.3	61.6	81.0
Other	149	78.0	63.9	92.0	74.4	62.2	86.6
White	2,139	84.9	82.4	87.4	65.9	61.0	70.7
<b>EDUCATION</b>							
< High School	390	84.7	77.5	91.9	72.1	64.3	80.0
High School	1,196	81.4	77.4	85.5	64.3	56.4	72.2
High School +	1,458	83.9	80.8	86.9	71.6	65.0	78.1
<b>INCOME</b>							
<\$15,000	446	79.1	71.3	86.8	69.6	61.0	78.2
\$15,000-24,999	631	84.0	78.8	89.2	69.5	59.8	79.3
\$25,000-34,999	374	81.8	73.6	89.9	62.0	52.5	71.5
\$35,000-49,999	358	81.1	74.9	87.4	81.1	74.5	87.7
\$50,000-74,999	314	88.6	83.9	93.2	82.9	75.9	90.0
\$75,000+	367	81.0	75.6	86.5	61.5	56.3	66.7

Definition: “Yes” responses to the question “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Are you currently taking medication for your high blood pressure?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.1 Changing eating habits to help lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,803	71.4	68.8	74.1
<b>REGION</b>				
Central	325	73.6	67.4	79.8
Kansas City Metro	539	64.4	57.3	71.4
Northeast	313	68.4	61.5	75.2
Northwest	310	67.8	59.9	75.7
Southeast	333	69.6	61.6	77.6
Southwest	308	71.2	64.3	78.1
St. Louis Metro	675	75.9	70.9	80.9
<b>GENDER</b>				
Female	1,732	74.6	71.4	77.7
Male	1,071	68.4	64.1	72.7
<b>RACE</b>				
African-American	446	83.7	77.1	90.4
Other	136	67.3	50.7	83.9
White	1,971	68.5	65.3	71.7
<b>EDUCATION</b>				
< High School	350	75.4	68.5	82.4
High School	1,093	68.6	64.2	73.0
High School +	1,354	72.4	68.5	76.3
<b>INCOME</b>				
<\$15,000	401	71.9	64.1	79.7
\$15,000-24,999	591	74.6	69.1	80.1
\$25,000-34,999	352	67.9	58.9	76.9
\$35,000-49,999	329	70.9	63.7	78.2
\$50,000-74,999	297	77.7	71.3	84.0
\$75,000+	337	67.8	60.9	74.8

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “(Are you) changing your eating habits (to help lower or control your high blood pressure)?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.2 Cutting down on salt to help lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,811	68.8	66.0	71.6
<b>REGION</b>				
Central	327	67.4	61.0	73.8
Kansas City Metro	539	66.2	59.3	73.2
Northeast	314	69.8	63.3	76.4
Northwest	311	63.8	55.5	72.0
Southeast	332	70.2	62.3	78.1
Southwest	310	69.1	62.1	76.1
St. Louis Metro	678	70.5	64.9	76.0
<b>GENDER</b>				
Female	1,738	74.1	71.0	77.2
Male	1,073	63.6	59.1	68.1
<b>RACE</b>				
African-American	447	81.9	74.6	89.1
Other	137	56.7	38.5	74.9
White	1,978	66.5	63.2	69.7
<b>EDUCATION</b>				
< High School	355	68.6	60.3	77.0
High School	1,096	69.1	64.6	73.5
High School +	1,354	68.6	64.6	72.5
<b>INCOME</b>				
<\$15,000	403	69.0	60.9	77.1
\$15,000-24,999	593	72.8	66.5	79.1
\$25,000-34,999	354	62.8	53.9	71.6
\$35,000-49,999	331	69.2	61.6	76.8
\$50,000-74,999	296	71.5	64.4	78.6
\$75,000+	337	66.1	59.1	73.1

Definition: “Yes” response to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “(Are you) cutting down on salt (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.3 Reducing alcohol use to help lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,812	28.5	25.8	31.2
<b>REGION</b>				
Central	328	29.1	22.8	35.5
Kansas City Metro	539	22.7	17.2	28.2
Northeast	314	34.1	26.8	41.4
Northwest	311	28.2	19.1	37.2
Southeast	334	23.7	16.6	30.7
Southwest	310	31.2	23.5	38.9
St. Louis Metro	676	31.0	25.5	36.4
<b>GENDER</b>				
Female	1,740	23.8	20.4	27.2
Male	1,072	33.1	28.8	37.3
<b>RACE</b>				
African-American	446	35.7	26.9	44.5
Other	137	31.4	16.8	46.0
White	1,980	25.7	22.8	28.6
<b>EDUCATION</b>				
< High School	355	25.0	16.5	33.5
High School	1,095	26.6	22.4	30.9
High School +	1,356	31.2	27.3	35.0
<b>INCOME</b>				
<\$15,000	402	28.2	19.3	37.1
\$15,000-24,999	595	28.4	22.4	34.4
\$25,000-34,999	354	24.1	17.1	31.2
\$35,000-49,999	329	27.7	20.7	34.7
\$50,000-74,999	296	32.5	24.1	40.8
\$75,000+	337	30.0	23.5	36.5

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “(Are you) reducing alcohol use (to help lower or control high blood pressure?)”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.4 Exercising to help lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,813	62.6	59.8	65.5
<b>REGION</b>				
Central	327	67.5	61.3	73.7
Kansas City Metro	539	61.4	54.5	68.3
Northeast	315	62.3	55.4	69.2
Northwest	311	73.7	67.6	79.9
Southeast	334	65.3	58.2	72.3
Southwest	309	63.4	56.0	70.8
St. Louis Metro	678	58.7	53.0	64.5
<b>GENDER</b>				
Female	1,740	61.6	57.9	65.2
Male	1,073	63.6	59.3	68.0
<b>RACE</b>				
African-American	447	64.8	56.3	73.3
Other	138	62.1	44.2	80.0
White	1,979	62.3	59.1	65.5
<b>EDUCATION</b>				
< High School	355	58.9	50.1	67.6
High School	1,095	59.1	54.4	63.7
High School +	1,357	66.7	62.8	70.5
<b>INCOME</b>				
<\$15,000	402	59.7	51.0	68.4
\$15,000-24,999	595	59.6	52.8	66.3
\$25,000-34,999	353	69.0	61.5	76.5
\$35,000-49,999	331	53.3	45.4	61.1
\$50,000-74,999	297	67.1	59.5	74.6
\$75,000+	336	65.7	58.4	73.0

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “(Are you) exercising (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.5 Advised by a doctor or healthcare professional to change eating habits to lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,786	54.4	51.5	57.3
<b>REGION</b>				
Central	324	52.5	45.6	59.3
Kansas City Metro	530	50.3	43.2	57.5
Northeast	312	53.8	46.7	61.0
Northwest	311	51.6	42.8	60.3
Southeast	331	54.2	46.5	61.8
Southwest	303	53.0	45.3	60.7
St. Louis Metro	675	58.4	52.7	64.0
<b>GENDER</b>				
Female	1,725	50.8	47.1	54.6
Male	1,061	57.9	53.5	62.4
<b>RACE</b>				
African-American	444	64.5	56.0	73.1
Other	137	65.5	50.2	80.8
White	1,958	48.7	45.4	52.0
<b>EDUCATION</b>				
< High School	350	55.2	46.5	63.8
High School	1,084	54.7	50.0	59.5
High School +	1,347	53.9	49.9	57.9
<b>INCOME</b>				
<\$15,000	395	58.7	50.3	67.2
\$15,000-24,999	591	56.3	49.8	62.8
\$25,000-34,999	350	47.2	38.7	55.7
\$35,000-49,999	329	54.9	47.1	62.7
\$50,000-74,999	296	56.3	48.1	64.4
\$75,000+	335	56.7	49.5	63.9

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Has a doctor or other health care professional ever advised you to change your eating habits (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.6 Advised by a doctor to cut down on salt to lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,772	58.4	55.5	61.3
<b>REGION</b>				
Central	324	54.4	47.6	61.3
Kansas City Metro	530	60.2	53.2	67.2
Northeast	313	61.3	54.5	68.1
Northwest	303	52.3	43.4	61.2
Southeast	331	58.3	50.5	66.1
Southwest	304	53.6	45.9	61.3
St. Louis Metro	667	61.6	56.0	67.2
<b>GENDER</b>				
Female	1,713	57.7	54.0	61.4
Male	1,059	59.1	54.7	63.6
<b>RACE</b>				
African-American	441	75.9	67.9	84.0
Other	137	69.6	55.1	84.1
White	1,948	53.5	50.2	56.8
<b>EDUCATION</b>				
< High School	350	66.8	59.1	74.6
High School	1,079	58.3	53.6	63.0
High School +	1,337	55.8	51.7	59.8
<b>INCOME</b>				
<\$15,000	400	65.5	57.9	73.1
\$15,000-24,999	591	63.7	57.5	69.9
\$25,000-34,999	348	54.7	45.9	63.4
\$35,000-49,999	322	59.6	51.8	67.3
\$50,000-74,999	295	57.5	49.4	65.6
\$75,000+	331	53.4	46.1	60.8

Definition: “Yes” responses to the question “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Has a doctor or other health care professional ever advised you to cut down on salt (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.7 Advised by a doctor to reduce alcohol use to lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,803	21.1	18.5	23.7
<b>REGION</b>				
Central	326	16.7	11.7	21.8
Kansas City Metro	540	19.8	13.7	25.8
Northeast	313	21.0	14.6	27.4
Northwest	310	17.7	11.3	24.2
Southeast	333	18.9	12.9	24.9
Southwest	308	21.6	14.1	29.0
St. Louis Metro	673	24.3	19.1	29.6
<b>GENDER</b>				
Female	1,738	14.7	11.7	17.8
Male	1,065	27.3	23.2	31.5
<b>RACE</b>				
African-American	446	30.2	22.0	38.4
Other	137	51.7	34.7	68.8
White	1,970	16.9	14.5	19.3
<b>EDUCATION</b>				
< High School	354	24.1	15.3	33.0
High School	1,092	21.0	16.9	25.2
High School +	1,351	20.1	16.8	23.4
<b>INCOME</b>				
<\$15,000	402	29.0	19.9	38.0
\$15,000-24,999	594	24.7	17.7	31.6
\$25,000-34,999	353	18.8	12.3	25.2
\$35,000-49,999	330	21.2	14.6	27.9
\$50,000-74,999	294	23.2	15.6	30.9
\$75,000+	334	17.2	11.9	22.6

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Has a doctor or other health care professional ever advised you to reduce alcohol use (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.8 Advised by a doctor to exercise to lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,781	69.6	66.9	72.3
<b>REGION</b>				
Central	324	67.5	61.0	74.1
Kansas City Metro	534	74.4	68.3	80.4
Northeast	310	67.6	61.1	74.1
Northwest	308	62.9	53.8	72.0
Southeast	328	64.0	56.1	72.0
Southwest	304	65.7	58.7	72.7
St. Louis Metro	673	72.7	67.5	78.0
<b>GENDER</b>				
Female	1,714	68.9	65.4	72.4
Male	1,067	70.3	66.2	74.4
<b>RACE</b>				
African-American	442	79.1	71.4	86.8
Other	136	78.6	65.1	92.1
White	1,954	67.1	64.0	70.2
<b>EDUCATION</b>				
< High School	349	62.6	54.3	70.9
High School	1,082	69.4	65.1	73.7
High School +	1,344	72.1	68.4	75.9
<b>INCOME</b>				
<\$15,000	397	66.6	58.5	74.8
\$15,000-24,999	591	65.8	59.6	72.1
\$25,000-34,999	351	70.0	61.8	78.2
\$35,000-49,999	329	71.3	64.1	78.6
\$50,000-74,999	297	71.9	64.3	79.4
\$75,000+	332	75.3	69.1	81.6

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Has a doctor or other health care professional ever advised you to exercise (to help lower or control your high blood pressure)?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.9 Advised by a doctor to take medication to lower or control high blood pressure**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,809	92.0	90.1	93.8
<b>REGION</b>				
Central	327	88.6	83.4	93.7
Kansas City Metro	539	92.6	88.2	97.0
Northeast	314	94.6	91.0	98.2
Northwest	311	90.2	84.6	95.8
Southeast	332	92.5	87.6	97.4
Southwest	309	93.4	88.3	98.5
St. Louis Metro	677	91.9	88.4	95.4
<b>GENDER</b>				
Female	1,741	93.2	90.7	95.6
Male	1,068	90.8	88.0	93.6
<b>RACE</b>				
African-American	447	93.2	87.6	98.8
Other	137	86.0	73.3	98.6
White	1,976	93.8	92.1	95.5
<b>EDUCATION</b>				
< High School	353	93.5	88.4	98.5
High School	1,094	89.3	85.7	92.9
High School +	1,356	93.5	91.5	95.6
<b>INCOME</b>				
<\$15,000	401	92.2	88.2	96.2
\$15,000-24,999	594	90.4	85.4	95.3
\$25,000-34,999	353	88.6	81.7	95.5
\$35,000-49,999	330	94.5	91.0	98.0
\$50,000-74,999	297	95.0	92.1	97.9
\$75,000+	337	93.5	90.0	97.0

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Has a doctor or other health care professional ever advised you to take medication (to help lower or control your high blood pressure)?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 20 Actions to Control High Blood Pressure (HBP)

**Table 20.10 Ever been told had high blood pressure on two or more different visits with a doctor or health professional**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,761	79.5	77.0	82.0
<b>REGION</b>				
Central	321	76.7	70.5	83.0
Kansas City Metro	531	81.3	75.5	87.2
Northeast	309	85.0	79.9	90.1
Northwest	305	82.8	76.9	88.7
Southeast	326	83.7	76.0	91.5
Southwest	301	77.0	70.6	83.4
St. Louis Metro	668	78.0	73.3	82.7
<b>GENDER</b>				
Female	1,705	79.6	76.6	82.6
Male	1,056	79.4	75.5	83.3
<b>RACE</b>				
African-American	443	76.7	68.3	85.1
Other	134	81.5	68.8	94.3
White	1,935	79.3	76.5	82.1
<b>EDUCATION</b>				
< High School	342	77.5	70.1	84.9
High School	1,074	79.9	76.0	83.8
High School +	1,340	79.8	76.3	83.3
<b>INCOME</b>				
<\$15,000	397	84.8	79.1	90.6
\$15,000-24,999	586	79.2	73.7	84.6
\$25,000-34,999	349	76.0	67.7	84.4
\$35,000-49,999	326	78.0	70.9	85.1
\$50,000-74,999	294	84.9	79.2	90.5
\$75,000+	333	82.4	76.8	88.1

Definition: “Yes” responses to the questions “Have you ever been told by a doctor or other health professional that they have high blood pressure” AND “Were you told on two or more different visits to a doctor or other health professional that they had high blood pressure?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.1 Ever had blood cholesterol checked**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>			<i>Age-adjusted Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,981	78.0	76.4	79.6	76.5	74.9	78.0
<b>REGION</b>							
Central	875	76.5	72.4	80.6	76.1	72.4	79.7
Kansas City Metro	1,415	81.5	78.4	84.6	79.7	76.6	82.8
Northeast	736	73.6	68.4	78.7	70.7	66.0	75.5
Northwest	696	78.3	72.5	84.1	77.4	73.2	81.7
Southeast	746	74.1	69.2	79.1	71.0	66.2	75.9
Southwest	789	74.2	69.5	78.9	72.0	67.5	76.4
St. Louis Metro	1,724	79.7	76.6	82.7	78.5	75.6	81.5
<b>GENDER</b>							
Female	4,282	79.8	77.7	81.9	77.7	75.6	79.7
Male	2,699	76.0	73.5	78.6	75.3	73.0	77.6
<b>RACE</b>							
African-American	840	80.3	74.3	86.3	79.7	73.6	85.9
Other	354	64.9	55.8	74.0	72.1	66.1	78.1
White	4,912	83.1	81.4	84.8	77.8	76.1	79.5
<b>EDUCATION</b>							
< High School	716	69.0	63.4	74.6	65.6	59.6	71.7
High School	2,391	76.8	74.1	79.6	73.1	70.1	76.2
High School +	3,856	80.7	78.6	82.8	80.1	78.3	81.9
<b>INCOME</b>							
<\$15,000	849	73.6	68.2	79.0	73.7	68.4	79.0
\$15,000-24,999	1,226	69.4	65.1	73.7	67.5	63.2	71.8
\$25,000-34,999	767	76.0	71.1	80.9	72.1	67.3	77.0
\$35,000-49,999	880	79.8	75.6	84.0	77.3	73.4	81.3
\$50,000-74,999	864	83.6	79.4	87.8	81.4	77.1	85.7
\$75,000+	1,199	87.1	83.7	90.4	83.5	80.2	86.9

Definition: “Yes” response to the question “Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.2.1 Had blood cholesterol checked within past year**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,085	72.9	71.2	74.7	69.9	67.8	72.1
<b>REGION</b>							
Central	741	71.3	67.2	75.4	67.6	62.7	72.4
Kansas City Metro	1,244	71.8	68.2	75.5	70.0	65.8	74.3
Northeast	635	67.1	62.0	72.2	56.3	49.2	63.5
Northwest	627	78.3	73.7	83.0	77.4	71.7	83.0
Southeast	641	78.6	74.2	82.9	72.6	66.1	79.2
Southwest	680	72.9	68.3	77.6	69.1	62.2	76.0
St. Louis Metro	1,517	72.7	69.3	76.1	70.6	66.5	74.7
<b>GENDER</b>							
Female	3,796	73.4	71.2	75.6	70.3	67.5	73.1
Male	2,289	72.4	69.7	75.1	69.5	66.2	72.9
<b>RACE</b>							
African-American	753	82.7	77.3	88.1	82.8	77.2	88.4
Other	286	78.4	70.6	86.2	79.0	71.5	86.5
White	4,393	73.5	71.5	75.5	67.5	64.4	70.6
<b>EDUCATION</b>							
< High School	588	72.6	66.3	78.9	67.7	59.4	76.1
High School	2,060	74.8	71.7	77.8	70.2	65.8	74.6
High School +	3,420	72.2	70.0	74.5	70.4	67.8	73.0
<b>INCOME</b>							
<\$15,000	714	75.1	69.9	80.3	73.8	67.8	79.8
\$15,000-24,999	1,021	74.4	70.0	78.7	67.7	61.7	73.8
\$25,000-34,999	659	74.7	69.1	80.3	71.5	63.9	79.0
\$35,000-49,999	766	74.7	70.1	79.4	70.8	64.8	76.7
\$50,000-74,999	789	71.6	67.1	76.2	71.0	65.9	76.2
\$75,000+	1,106	71.3	67.6	75.0	68.3	62.9	73.7

Definition: “Yes” response to the question “Have you EVER had your blood cholesterol checked?” AND “Within past year (anytime less than 12 months)” response to the question “About how long has it been since you last had your blood cholesterol checked?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.2.2 Had blood cholesterol checked more than 1 year, but less than 2 years ago**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,085	12.0	10.7	13.3	13.2	11.5	14.9
<b>REGION</b>							
Central	741	12.7	9.7	15.6	14.5	10.9	18.2
Kansas City Metro	1,244	13.8	10.8	16.7	14.6	11.1	18.1
Northeast	635	13.0	9.1	17.0	18.8	12.3	25.2
Northwest	627	9.2	5.9	12.5	8.9	5.3	12.4
Southeast	641	6.6	4.0	9.1	8.0	3.9	12.2
Southwest	680	10.7	7.4	14.1	13.1	8.1	18.0
St. Louis Metro	1,517	12.9	10.2	15.6	13.5	10.3	16.7
<b>GENDER</b>							
Female	3,796	12.6	10.8	14.3	13.6	11.3	15.9
Male	2,289	11.4	9.4	13.4	12.8	10.4	15.3
<b>RACE</b>							
African-American	753	7.3	3.4	11.2	7.0	3.2	10.7
Other	286	10.1	4.0	16.2	9.3	3.5	15.2
White	4,393	11.9	10.4	13.4	14.4	12.0	16.9
<b>EDUCATION</b>							
< High School	588	9.6	5.6	13.7	10.3	4.7	15.9
High School	2,060	11.6	9.2	14.0	14.5	10.8	18.2
High School +	3,420	12.4	10.7	14.1	13.1	11.1	15.1
<b>INCOME</b>							
<\$15,000	714	9.2	5.9	12.6	9.4	5.5	13.3
\$15,000-24,999	1,021	10.3	7.1	13.4	13.5	9.1	18.0
\$25,000-34,999	659	10.1	6.7	13.6	11.4	6.3	16.5
\$35,000-49,999	766	12.5	8.8	16.3	14.3	9.3	19.4
\$50,000-74,999	789	15.1	11.1	19.1	15.5	11.2	19.7
\$75,000+	1,106	13.1	10.3	15.9	14.4	9.7	19.0

Definition: “Yes” response to the question “Have you ever had your blood cholesterol checked?” AND “Within past 2 years (1 year but less than 2 years ago)” response to the question “About how long has it been since you last had your blood cholesterol checked?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.2.3 Had blood cholesterol checked more than 2 years, but less than 5 years ago**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,085	8.6	7.4	9.7	9.9	8.4	11.4
<b>REGION</b>							
Central	741	8.7	6.3	11.1	10.0	6.9	13.1
Kansas City Metro	1,244	8.1	6.0	10.2	8.7	6.3	11.1
Northeast	635	8.9	6.0	11.7	10.3	6.4	14.2
Northwest	627	6.2	3.5	8.9	8.1	3.9	12.3
Southeast	641	9.8	6.3	13.2	13.9	8.5	19.3
Southwest	680	10.3	6.9	13.8	12.4	7.1	17.7
St. Louis Metro	1,517	8.0	5.9	10.1	9.0	6.5	11.6
<b>GENDER</b>							
Female	3,796	8.4	7.0	9.7	9.8	8.0	11.6
Male	2,289	8.7	7.0	10.5	10.0	7.6	12.3
<b>RACE</b>							
African-American	753	5.2	2.4	8.0	5.2	2.2	8.3
Other	286	4.8	1.9	7.7	5.5	2.2	8.9
White	4,393	8.4	7.1	9.8	10.9	8.6	13.3
<b>EDUCATION</b>							
< High School	588	10.5	5.8	15.2	15.1	8.2	22.0
High School	2,060	6.7	5.1	8.4	7.5	5.1	9.9
High School +	3,420	9.2	7.8	10.6	10.0	8.3	11.7
<b>INCOME</b>							
<\$15,000	714	8.3	5.0	11.5	9.8	5.5	14.1
\$15,000-24,999	1,021	9.0	6.0	12.0	11.4	7.2	15.7
\$25,000-34,999	659	8.7	4.2	13.1	11.2	5.1	17.4
\$35,000-49,999	766	7.7	4.9	10.4	9.0	5.6	12.4
\$50,000-74,999	789	7.2	5.0	9.5	7.7	4.5	10.9
\$75,000+	1,106	9.5	7.3	11.8	9.7	6.9	12.4

Definition: “Yes” response to the question “Have you ever had your blood cholesterol checked?” AND “Within past 5 years (2 years but less than 5 years ago)” response to the question “About how long has it been since you last had your blood cholesterol checked?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.2.4 Had blood cholesterol checked 5 or more years ago**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,085	4.7	3.9	5.5	4.9	4.0	5.8
<b>REGION</b>							
Central	741	5.8	3.4	8.2	6.0	3.5	8.6
Kansas City Metro	1,244	4.7	3.0	6.4	4.5	2.8	6.3
Northeast	635	8.4	5.0	11.7	11.5	6.6	16.4
Northwest	627	4.9	2.6	7.1	4.4	2.3	6.6
Southeast	641	3.7	2.0	5.4	3.9	1.3	6.6
Southwest	680	5.0	3.1	7.0	4.7	2.7	6.6
St. Louis Metro	1,517	4.1	2.5	5.7	4.3	2.5	6.1
<b>GENDER</b>							
Female	3,796	3.9	3.0	4.8	4.3	3.2	5.3
Male	2,289	5.6	4.3	7.0	5.6	4.1	7.1
<b>RACE</b>							
African-American	753	2.7	0.5	5.0	2.6	0.6	4.7
Other	286	5.0	0.9	9.2	4.3	0.8	7.8
White	4,393	4.6	3.7	5.5	5.0	3.7	6.2
<b>EDUCATION</b>							
< High School	588	4.2	1.4	7.0	4.4	1.3	7.5
High School	2,060	4.7	3.2	6.1	4.8	2.9	6.7
High School +	3,420	4.9	3.9	5.9	5.1	3.9	6.3
<b>INCOME</b>							
<\$15,000	714	4.3	2.3	6.3	4.4	2.2	6.6
\$15,000-24,999	1,021	4.2	2.6	5.7	4.5	2.5	6.5
\$25,000-34,999	659	3.7	1.6	5.9	3.6	1.3	5.9
\$35,000-49,999	766	4.7	2.7	6.8	5.4	2.6	8.3
\$50,000-74,999	789	5.5	3.5	7.6	5.4	3.3	7.5
\$75,000+	1,106	5.4	3.4	7.5	6.5	3.1	9.8

Definition: “Yes” response to the question “Have you ever had your blood cholesterol checked?” AND “Five or more years ago” response to the question “About how long has it been since you last had your blood cholesterol checked?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 21 Cholesterol Awareness

**Table 21.3 Ever been told by a doctor, nurse or other health professional that blood cholesterol is high**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,021	38.8	37.0	40.6	32.4	30.5	34.3
<b>REGION</b>							
Central	739	32.2	28.3	36.2	26.6	23.0	30.3
Kansas City Metro	1,227	40.0	36.1	44.0	34.3	30.7	37.9
Northeast	626	40.7	35.9	45.5	30.4	25.5	35.3
Northwest	616	42.2	36.3	48.1	37.3	30.3	44.3
Southeast	635	45.1	40.2	50.0	36.6	31.4	41.8
Southwest	673	42.0	37.0	46.9	35.6	29.1	42.0
St. Louis Metro	1,505	36.8	33.3	40.3	31.0	27.5	34.5
<b>GENDER</b>							
Female	3,757	37.2	35.0	39.5	30.4	28.3	32.6
Male	2,264	40.6	37.6	43.5	34.6	31.5	37.7
<b>RACE</b>							
African-American	744	35.4	28.8	41.9	32.3	25.8	38.8
Other	284	29.4	20.1	38.8	29.5	21.8	37.3
White	4,345	40.8	38.7	42.9	32.2	29.7	34.7
<b>EDUCATION</b>							
< High School	575	50.2	43.3	57.1	44.7	35.9	53.6
High School	2,039	42.9	39.6	46.1	33.2	29.7	36.7
High School +	3,391	34.3	32.0	36.5	29.7	27.7	31.7
<b>INCOME</b>							
<\$15,000	702	45.4	39.0	51.8	41.4	34.9	47.8
\$15,000-24,999	1,009	47.3	42.3	52.2	39.9	34.3	45.5
\$25,000-34,999	655	38.9	33.5	44.3	26.4	22.1	30.8
\$35,000-49,999	761	36.9	32.2	41.7	29.3	25.2	33.5
\$50,000-74,999	787	38.4	33.7	43.0	32.9	28.9	36.9
\$75,000+	1,102	31.5	27.9	35.2	26.6	23.5	29.7

Definition: “Yes” responses to question “Have you ever had your blood cholesterol checked” AND “Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.1 Limited in usual activities because of arthritis or joint symptoms**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,495	50.3	47.3	53.4	47.2	41.8	52.7
<b>REGION</b>							
Central	286	49.8	42.7	57.0	43.2	33.1	53.4
Kansas City Metro	480	46.9	40.0	53.8	38.1	30.0	46.1
Northeast	294	47.1	39.8	54.5	48.2	39.6	56.8
Northwest	252	57.5	48.1	66.9	67.3	57.5	77.0
Southeast	314	59.4	52.6	66.3	71.4	64.5	78.4
Southwest	275	58.2	50.4	65.9	52.0	42.4	61.5
St. Louis Metro	594	45.7	39.5	51.9	34.0	26.6	41.4
<b>GENDER</b>							
Female	1,638	50.4	46.7	54.1	50.9	43.7	58.1
Male	857	50.2	45.2	55.2	43.0	35.6	50.4
<b>RACE</b>							
African-American	302	63.2	52.3	74.2	65.9	53.0	78.8
Other	139	64.4	51.0	77.8	54.4	38.1	70.7
White	1,831	47.6	44.2	51.0	38.3	34.3	42.2
<b>EDUCATION</b>							
< High School	330	59.7	51.3	68.1	66.8	55.3	78.3
High School	924	49.1	44.0	54.2	49.3	39.9	58.6
High School +	1,236	47.9	43.7	52.0	41.0	34.4	47.6
<b>INCOME</b>							
<\$15,000	394	71.1	63.3	78.9	66.0	54.8	77.2
\$15,000-24,999	521	55.4	48.6	62.2	57.2	45.9	68.6
\$25,000-34,999	288	47.2	38.2	56.3	37.5	28.6	46.5
\$35,000-49,999	295	47.7	39.5	56.0	39.4	29.4	49.4
\$50,000-74,999	270	39.5	31.5	47.5	30.5	23.2	37.7
\$75,000+	279	37.7	29.8	45.7	28.4	21.9	35.0

Definition: “Yes” responses to the question (Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Arthritis can cause symptoms like pain, aching, or stiffness in or around a joint. Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.2 Arthritis or joint symptoms affected ability to work**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,488	32.7	29.8	35.7	36.8	31.2	42.4
<b>REGION</b>							
Central	283	38.8	31.7	46.0	41.2	30.7	51.6
Kansas City Metro	482	27.0	20.8	33.3	31.0	22.4	39.6
Northeast	293	39.3	31.8	46.9	50.0	38.4	61.5
Northwest	250	38.9	28.3	49.4	39.7	27.7	51.6
Southeast	311	37.4	30.4	44.5	50.5	41.9	59.1
Southwest	276	33.7	25.9	41.5	34.7	20.9	48.5
St. Louis Metro	593	30.6	24.5	36.6	22.7	15.5	29.9
<b>GENDER</b>							
Female	1,640	32.1	28.5	35.7	39.8	32.3	47.2
Male	848	33.6	28.7	38.4	32.3	24.8	39.8
<b>RACE</b>							
African-American	297	41.5	29.4	53.6	47.1	34.1	60.2
Other	137	51.1	35.1	67.2	47.5	37.0	58.0
White	1,832	29.3	26.2	32.3	25.4	21.7	29.1
<b>EDUCATION</b>							
< High School	329	42.2	33.4	51.0	55.9	45.2	66.6
High School	921	35.6	30.5	40.6	45.0	35.4	54.6
High School +	1,232	27.3	23.7	31.0	24.0	19.6	28.3
<b>INCOME</b>							
<\$15,000	392	58.5	50.2	66.7	63.5	53.9	73.2
\$15,000-24,999	521	44.1	37.0	51.2	48.5	37.3	59.8
\$25,000-34,999	287	33.8	24.6	42.9	38.2	28.2	48.1
\$35,000-49,999	295	23.4	16.1	30.7	19.4	11.0	27.8
\$50,000-74,999	269	25.3	17.8	32.7	36.9	30.0	43.9
\$75,000+	280	12.9	8.2	17.6	9.1	5.4	12.7

Definition: “Yes” responses to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do? (Note: Work refers to work for pay)”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.3.1 Arthritis or joint symptoms interfered with social activities a lot in past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,497	19.8	17.3	22.4	20.9	16.5	25.2
<b>REGION</b>							
Central	285	19.5	13.8	25.2	19.0	11.6	26.3
Kansas City Metro	479	15.4	10.4	20.4	13.6	8.2	19.1
Northeast	295	21.5	15.2	27.9	25.2	13.6	36.7
Northwest	253	27.8	17.3	38.2	27.5	18.1	37.0
Southeast	314	25.1	18.5	31.7	37.2	27.2	47.2
Southwest	277	25.0	16.8	33.1	28.7	18.4	39.0
St. Louis Metro	594	17.5	12.4	22.6	13.3	8.3	18.2
<b>GENDER</b>							
Female	1,641	21.9	18.7	25.1	26.1	19.5	32.7
Male	856	17.3	13.0	21.5	14.6	10.3	18.8
<b>RACE</b>							
African-American	302	26.3	16.5	36.0	29.6	16.7	42.5
Other	138	41.1	24.3	57.9	24.7	14.7	34.8
White	1,836	15.4	12.9	17.9	13.8	10.9	16.7
<b>EDUCATION</b>							
< High School	332	41.5	32.6	50.3	44.8	34.0	55.5
High School	925	14.3	10.9	17.7	17.4	10.9	23.9
High School +	1,235	16.4	13.3	19.6	14.8	11.0	18.5
<b>INCOME</b>							
<\$15,000	394	49.7	41.3	58.1	48.2	36.9	59.6
\$15,000-24,999	520	24.2	18.0	30.5	21.3	15.0	27.6
\$25,000-34,999	289	16.5	8.9	24.2	20.8	12.2	29.4
\$35,000-49,999	295	9.8	4.6	15.0	9.8	1.9	17.8
\$50,000-74,999	269	6.4	3.0	9.8	5.9	1.5	10.3
\$75,000+	282	6.2	2.3	10.1	4.5	1.6	7.4

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “A lot” response to the question “During the past 30 days, to what extent has your arthritis or joint symptoms interfered with your normal social activities, such as going shopping, to the movies or to religious or social gatherings: A lot, A little, Not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.3.2 Arthritis or joint symptoms interfered with social activities a little in past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,497	23.4	20.8	25.9	25.9	20.6	31.1
<b>REGION</b>							
Central	285	29.0	22.2	35.8	28.6	19.1	38.2
Kansas City Metro	479	24.0	18.2	29.9	22.3	15.0	29.7
Northeast	295	23.5	17.3	29.6	25.0	21.8	28.1
Northwest	253	20.5	13.3	27.7	18.2	8.5	27.8
Southeast	314	23.2	17.3	29.0	21.9	13.3	30.4
Southwest	277	19.1	13.6	24.6	33.6	27.3	39.8
St. Louis Metro	594	23.2	17.9	28.6	18.9	11.9	25.9
<b>GENDER</b>							
Female	1,641	22.8	19.6	26.1	25.9	18.8	32.9
Male	856	24.0	19.9	28.1	27.5	19.7	35.3
<b>RACE</b>							
African-American	302	25.0	13.5	36.4	26.5	13.2	39.8
Other	138	22.7	8.3	37.1	35.1	25.7	44.4
White	1,836	24.1	21.2	27.0	20.5	17.1	23.8
<b>EDUCATION</b>							
< High School	332	17.5	12.1	22.8	24.6	19.3	29.9
High School	925	27.1	22.4	31.8	33.2	23.6	42.9
High School +	1,235	22.7	19.1	26.2	23.8	15.7	32.0
<b>INCOME</b>							
<\$15,000	394	20.7	14.9	26.6	22.1	13.2	30.9
\$15,000-24,999	520	29.4	22.8	36.0	36.1	24.9	47.4
\$25,000-34,999	289	25.8	17.4	34.2	14.1	9.7	18.4
\$35,000-49,999	295	26.3	18.8	33.8	32.9	19.6	46.3
\$50,000-74,999	269	21.9	15.2	28.6	32.6	26.8	38.4
\$75,000+	282	19.5	13.1	25.8	14.2	8.5	19.9

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “A little” response to the question “During the past 30 days, to what extent has your arthritis or joint symptoms interfered with your normal social activities, such as going shopping, to the movies or to religious or social gatherings: A lot, A little, Not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.3.3 Arthritis or joint symptoms did not interfere at all with social activities in past 30 days**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,497	56.8	53.8	59.8	53.3	47.7	58.9
<b>REGION</b>							
Central	285	51.5	44.3	58.7	52.4	41.7	63.2
Kansas City Metro	479	60.6	53.8	67.3	64.1	55.7	72.4
Northeast	295	55.0	47.7	62.4	49.9	38.2	61.6
Northwest	253	51.7	41.7	61.7	54.3	42.8	65.8
Southeast	314	51.8	44.6	58.9	40.9	30.8	51.0
Southwest	277	55.9	47.8	64.1	37.8	28.8	46.7
St. Louis Metro	594	59.3	53.1	65.4	50.8	43.4	58.2
<b>GENDER</b>							
Female	1,641	55.2	51.5	58.9	48.0	40.9	55.2
Male	856	58.7	53.8	63.7	58.0	49.9	66.0
<b>RACE</b>							
African-American	302	48.8	37.0	60.5	43.9	30.5	57.3
Other	138	36.2	22.9	49.6	40.2	31.0	49.5
White	1,836	60.5	57.1	63.8	48.7	45.1	52.3
<b>EDUCATION</b>							
< High School	332	41.1	32.8	49.4	30.6	20.8	40.5
High School	925	58.6	53.5	63.6	49.4	39.9	58.8
High School +	1,235	60.9	56.8	65.0	61.4	52.9	70.0
<b>INCOME</b>							
<\$15,000	394	29.6	21.8	37.3	29.7	20.1	39.4
\$15,000-24,999	520	46.4	39.5	53.2	42.6	31.4	53.8
\$25,000-34,999	289	57.6	48.4	66.8	65.1	56.2	74.1
\$35,000-49,999	295	63.9	55.8	72.0	57.3	43.4	71.1
\$50,000-74,999	269	71.7	64.5	78.9	61.5	54.7	68.4
\$75,000+	282	74.4	67.3	81.4	64.3	58.3	70.4

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Not at all” response to the question “During the past 30 days, to what extent has your arthritis or joint symptoms interfered with your normal social activities, such as going shopping, to the movies or to religious or social gatherings: A lot, A little, Not at all?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.4.1 Joint pain was 7 or greater on a scale of 0 - 10 with 10 being the worse**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,443	19.4	17.0	21.9	19.0	14.6	23.4
<b>REGION</b>							
Central	280	13.3	8.7	17.8	15.2	8.3	22.1
Kansas City Metro	471	19.5	13.7	25.3	17.8	11.1	24.6
Northeast	287	15.5	10.3	20.7	11.8	6.0	17.6
Northwest	246	21.2	13.7	28.6	27.3	21.4	33.3
Southeast	311	19.4	13.8	25.0	28.1	20.1	36.1
Southwest	271	25.3	17.7	32.9	25.1	15.1	35.1
St. Louis Metro	577	19.4	14.5	24.4	13.7	9.1	18.4
<b>GENDER</b>							
Female	1,602	23.1	19.8	26.3	25.1	18.2	31.9
Male	841	14.9	11.2	18.7	10.9	7.7	14.1
<b>RACE</b>							
African-American	292	25.1	17.1	33.0	26.6	14.6	38.5
Other	135	28.7	15.4	42.1	20.3	11.0	29.7
White	1,798	14.1	11.7	16.6	11.7	9.0	14.5
<b>EDUCATION</b>							
< High School	319	33.2	24.7	41.7	31.0	18.4	43.5
High School	903	18.6	14.6	22.6	18.8	12.1	25.5
High School +	1,216	15.4	12.5	18.3	14.7	9.3	20.2
<b>INCOME</b>							
<\$15,000	384	40.7	32.1	49.3	35.4	25.7	45.1
\$15,000-24,999	511	21.1	16.1	26.2	20.2	12.3	28.1
\$25,000-34,999	287	12.9	5.6	20.2	11.4	3.8	19.0
\$35,000-49,999	292	11.4	6.3	16.5	6.9	3.7	10.1
\$50,000-74,999	269	11.8	6.6	17.1	10.2	4.7	15.7
\$75,000+	279	13.2	7.0	19.3	11.0	5.6	16.4

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “7, 8, 9, or 10” response to “Please think about the past 30 days, keeping in mind all of your joint pain or aching and whether or not you have taken medication. During the past 30 days, how bad was your joint pain ON AVERAGE? Please answer on a scale of 0 to 10 where 0 is no pain or aching and 10 is pain or aching as bad as it can be.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.4.2 Joint pain was 1-6 on a scale of 0 - 10 with 10 being the worse**  
Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,443	37.9	34.9	40.8	38.4	33.5	43.3
<b>REGION</b>							
Central	280	43.2	35.9	50.4	47.0	36.7	57.3
Kansas City Metro	471	39.1	32.4	45.7	40.7	34.1	47.2
Northeast	287	40.7	33.4	48.1	35.2	23.3	47.1
Northwest	246	33.0	24.1	41.9	28.0	17.7	38.3
Southeast	311	41.0	33.7	48.3	35.9	25.5	46.4
Southwest	271	36.1	28.3	43.9	42.7	35.9	49.4
St. Louis Metro	577	35.1	29.2	41.1	25.0	19.0	31.0
<b>GENDER</b>							
Female	1,602	37.0	33.4	40.6	36.4	30.0	42.8
Male	841	39.0	34.1	43.8	41.5	34.2	48.8
<b>RACE</b>							
African-American	292	18.4	10.5	26.4	15.0	8.2	21.9
Other	135	32.5	15.4	49.5	35.0	19.7	50.2
White	1,798	36.1	33.0	39.3	27.2	23.9	30.6
<b>EDUCATION</b>							
< High School	319	30.3	22.0	38.6	33.0	25.4	40.7
High School	903	36.7	31.9	41.4	33.1	26.5	39.7
High School +	1,216	41.3	37.2	45.4	45.1	38.0	52.1
<b>INCOME</b>							
<\$15,000	384	25.0	17.3	32.7	24.9	15.5	34.4
\$15,000-24,999	511	34.9	28.2	41.7	36.3	27.4	45.2
\$25,000-34,999	287	39.5	30.8	48.2	42.0	34.2	49.7
\$35,000-49,999	292	42.0	33.9	50.1	50.7	41.4	60.0
\$50,000-74,999	269	42.7	34.6	50.7	51.8	43.7	59.8
\$75,000+	279	46.5	38.5	54.4	33.5	27.3	39.6

Definition: "Yes" response to the question "(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?" AND "1, 2, 3, 4 or 6" response to "Please think about the past 30 days, keeping in mind all of your joint pain or aching and whether or not you have taken medication. During the past 30 days, how bad was your joint pain ON AVERAGE? Please answer on a scale of 0 to 10 where 0 is no pain or aching and 10 is pain or aching as bad as it can be."

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.4.3 Joint pain was 0 on a scale of 0 - 10 with 10 being the worse**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,443	42.7	39.7	45.7	42.6	37.7	47.5
<b>REGION</b>							
Central	280	43.6	36.4	50.7	37.8	28.1	47.5
Kansas City Metro	471	41.5	34.8	48.2	41.5	33.3	49.7
Northeast	287	43.7	36.2	51.3	53.0	41.0	65.1
Northwest	246	45.8	35.6	56.1	44.6	33.4	55.9
Southeast	311	39.6	32.5	46.8	36.0	25.7	46.2
Southwest	271	38.6	31.4	45.9	32.3	21.8	42.7
St. Louis Metro	577	45.4	39.2	51.6	44.2	37.8	50.7
<b>GENDER</b>							
Female	1,602	39.9	36.3	43.6	38.5	31.8	45.3
Male	841	46.1	41.2	51.0	47.6	40.1	55.1
<b>RACE</b>							
African-American	292	56.5	45.5	67.5	58.4	45.2	71.6
Other	135	38.8	23.7	53.9	44.7	29.7	59.7
White	1,798	49.8	46.4	53.1	44.0	40.2	47.8
<b>EDUCATION</b>							
< High School	319	36.5	28.7	44.3	36.0	24.6	47.4
High School	903	44.7	39.7	49.8	48.1	40.3	55.9
High School +	1,216	43.3	39.1	47.4	40.2	34.7	45.7
<b>INCOME</b>							
<\$15,000	384	34.3	27.0	41.7	39.7	28.1	51.3
\$15,000-24,999	511	43.9	36.9	51.0	43.5	35.1	51.8
\$25,000-34,999	287	47.6	38.7	56.5	46.6	37.4	55.8
\$35,000-49,999	292	46.6	38.4	54.8	42.4	33.1	51.8
\$50,000-74,999	269	45.5	37.5	53.5	38.0	30.4	45.7
\$75,000+	279	40.4	32.5	48.3	38.5	32.0	45.0

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “0” response to “Please think about the past 30 days, keeping in mind all of your joint pain or aching and whether or not you have taken medication. During the past 30 days, how bad was your joint pain ON AVERAGE? Please answer on a scale of 0 to 10 where 0 is no pain or aching and 10 is pain or aching as bad as it can be.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.5.1 Could do most or everything would like to do**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,434	67.3	64.4	70.2
<b>REGION</b>				
Central	275	62.2	55.1	69.4
Kansas City Metro	454	72.1	65.6	78.6
Northeast	290	66.8	60.1	73.6
Northwest	248	62.2	52.8	71.5
Southeast	313	66.6	59.7	73.4
Southwest	274	61.5	53.5	69.4
St. Louis Metro	580	69.4	63.4	75.4
<b>GENDER</b>				
Female	1,601	68.0	64.6	71.5
Male	833	66.4	61.5	71.3
<b>RACE</b>				
African-American	294	55.3	43.2	67.5
Other	128	56.0	37.8	74.1
White	1,794	69.3	66.1	72.4
<b>EDUCATION</b>				
< High School	320	46.6	37.8	55.4
High School	909	68.6	63.8	73.5
High School +	1,201	73.4	69.8	77.0
<b>INCOME</b>				
<\$15,000	383	35.6	27.6	43.6
\$15,000-24,999	510	59.4	52.3	66.6
\$25,000-34,999	286	67.8	58.7	76.9
\$35,000-49,999	287	70.5	62.5	78.4
\$50,000-74,999	259	82.1	75.8	88.5
\$75,000+	270	86.3	80.8	91.8

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Can do everything” AND “Can do most things I would like to do” responses to “Earlier you indicated that they had arthritis or joint symptoms. Think about your arthritis or joint symptoms, which of the following best describes you today?” I can do everything I would like to do. I can do most things I would like to do. I can do some things I would like to do. I can hardly do anything I would like to do”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

Chapter 22 Arthritis Burden and Management  
**Table 22.5.2 Could do some things would like to do**  
*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,434	22.8	20.3	25.3
<b>REGION</b>				
Central	275	26.3	20.0	32.7
Kansas City Metro	454	17.7	12.9	22.5
Northeast	290	24.3	18.2	30.5
Northwest	248	24.6	16.7	32.6
Southeast	313	20.9	15.0	26.8
Southwest	274	32.6	24.9	40.2
St. Louis Metro	580	21.0	15.9	26.2
<b>GENDER</b>				
Female	1,601	23.7	20.5	26.9
Male	833	21.7	17.7	25.7
<b>RACE</b>				
African-American	294	35.2	22.9	47.5
Other	128	20.0	8.8	31.1
White	1,794	21.2	18.6	23.9
<b>EDUCATION</b>				
< High School	320	28.0	20.8	35.2
High School	909	23.7	19.3	28.1
High School +	1,201	20.4	17.0	23.7
<b>INCOME</b>				
<\$15,000	383	36.6	28.6	44.5
\$15,000-24,999	510	29.8	23.4	36.3
\$25,000-34,999	286	22.4	14.9	29.8
\$35,000-49,999	287	22.9	15.4	30.5
\$50,000-74,999	259	14.6	8.6	20.6
\$75,000+	270	13.1	7.7	18.6

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Can do some things” response to “Earlier you indicated that they had arthritis or joint symptoms. Think about your arthritis or joint symptoms, which of the following best describes you today?” I can do everything I would like to do. I can do most things I would like to do. I can do some things I would like to do. I can hardly do anything I would like to do”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

Chapter 22 Arthritis Burden and Management  
**Table 22.5.3 Could hardly do anything would like to do**  
*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,434	9.9	7.8	12.1
<b>REGION</b>				
Central	275	11.4	6.3	16.6
Kansas City Metro	454	10.2	4.7	15.8
Northeast	290	8.9	5.1	12.7
Northwest	248	13.2	6.8	19.6
Southeast	313	12.6	7.9	17.3
Southwest	274	6.0	2.1	9.9
St. Louis Metro	580	9.6	5.2	14.1
<b>GENDER</b>				
Female	1,601	8.3	6.4	10.2
Male	833	11.9	7.9	16.0
<b>RACE</b>				
African-American	294	9.5	3.5	15.5
Other	128	24.0	4.1	44.0
White	1,794	9.5	7.2	11.8
<b>EDUCATION</b>				
< High School	320	25.4	16.7	34.1
High School	909	7.7	4.7	10.7
High School +	1,201	6.3	4.3	8.2
<b>INCOME</b>				
<\$15,000	383	27.8	19.6	36.1
\$15,000-24,999	510	10.8	5.2	16.4
\$25,000-34,999	286	9.8	2.3	17.3
\$35,000-49,999	287	6.6	2.4	10.8
\$50,000-74,999	259	3.3	0.8	5.8
\$75,000+	270	0.5	0.0	1.4

Definition: “Yes” response to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Can hardly do anything” response to “Earlier you indicated that they had arthritis or joint symptoms. Think about your arthritis or joint symptoms, which of the following best describes you today?” I can do everything I would like to do. I can do most things I would like to do. I can do some things I would like to do. I can hardly do anything I would like to do”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.6 Doctor suggested losing weight to help with arthritis or joint symptoms**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,428	34.1	31.1	37.0
<b>REGION</b>				
Central	273	29.3	22.9	35.7
Kansas City Metro	454	31.9	25.6	38.2
Northeast	290	38.9	31.6	46.1
Northwest	247	42.8	33.0	52.6
Southeast	310	31.4	24.6	38.2
Southwest	273	31.7	23.8	39.5
St. Louis Metro	581	37.2	31.1	43.3
<b>GENDER</b>				
Female	1,596	35.2	31.5	38.8
Male	832	32.7	28.0	37.3
<b>RACE</b>				
African-American	291	47.0	34.8	59.2
Other	130	33.3	19.4	47.3
White	1,789	32.6	29.4	35.8
<b>EDUCATION</b>				
< High School	320	28.2	20.4	36.0
High School	906	30.1	25.4	34.8
High School +	1,198	39.1	34.9	43.3
<b>INCOME</b>				
<\$15,000	380	38.3	29.7	46.9
\$15,000-24,999	511	32.6	26.1	39.1
\$25,000-34,999	286	30.9	23.4	38.4
\$35,000-49,999	285	42.6	34.3	51.0
\$50,000-74,999	258	35.7	27.5	43.9
\$75,000+	270	36.3	28.1	44.5

Definition: “Yes” responses to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.7 Doctor suggested physical activity or exercise to help with arthritis or joint symptoms**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,414	54.7	51.7	57.8
<b>REGION</b>				
Central	272	50.1	42.8	57.5
Kansas City Metro	453	50.1	43.0	57.2
Northeast	287	50.7	43.2	58.3
Northwest	246	55.4	45.0	65.8
Southeast	310	46.7	39.5	53.9
Southwest	270	55.9	47.9	63.9
St. Louis Metro	576	62.1	56.2	68.0
<b>GENDER</b>				
Female	1,587	57.9	54.2	61.6
Male	827	50.8	45.8	55.9
<b>RACE</b>				
African-American	293	70.9	60.8	81.0
Other	129	61.9	46.0	77.8
White	1,776	53.3	49.9	56.7
<b>EDUCATION</b>				
< High School	321	46.6	37.7	55.4
High School	899	52.8	47.7	57.9
High School +	1,190	59.0	54.8	63.1
<b>INCOME</b>				
<\$15,000	381	51.1	42.6	59.6
\$15,000-24,999	508	57.9	51.2	64.6
\$25,000-34,999	283	44.8	36.0	53.6
\$35,000-49,999	284	57.0	48.8	65.2
\$50,000-74,999	257	55.9	47.3	64.5
\$75,000+	269	59.4	51.5	67.4

Definition: “Yes” responses to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Has a doctor or other health professional ever suggested physical activity or exercise to help you arthritis or joint symptoms?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 22 Arthritis Burden and Management

**Table 22.8 Had ever taken a class or course to learn how to manage arthritis or joint symptoms**

*Prevalence with 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	2,434	11.3	9.1	13.4
<b>REGION</b>				
Central	275	9.3	5.3	13.2
Kansas City Metro	454	10.6	6.0	15.2
Northeast	290	11.5	7.2	15.9
Northwest	247	15.1	8.7	21.5
Southeast	313	6.2	3.1	9.2
Southwest	273	13.9	8.4	19.4
St. Louis Metro	582	12.6	7.8	17.5
<b>GENDER</b>				
Female	1,600	12.0	9.5	14.5
Male	834	10.4	6.8	13.9
<b>RACE</b>				
African-American	293	16.0	7.6	24.4
Other	130	27.6	8.0	47.2
White	1,794	10.6	8.4	12.8
<b>EDUCATION</b>				
< High School	324	9.7	2.3	17.0
High School	908	8.4	5.8	11.0
High School +	1,197	14.0	10.9	17.1
<b>INCOME</b>				
<\$15,000	385	13.3	7.1	19.5
\$15,000-24,999	511	12.7	6.5	18.9
\$25,000-34,999	284	13.0	6.9	19.1
\$35,000-49,999	287	12.0	6.0	18.1
\$50,000-74,999	259	5.8	2.2	9.4
\$75,000+	269	9.0	5.2	12.7

Definition: “Yes” responses to the question “(Ever told) you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?” AND “Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 23 Pre-Diabetes and Age at Diagnosis

**Table 23.1 Had been tested for high blood sugar or diabetes within past three years**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	5,466	57.0	54.9	59.0	56.1	54.0	58.1
<b>REGION</b>							
Central	708	51.8	47.0	56.6	51.7	47.1	56.3
Kansas City Metro	1,037	62.7	58.3	67.1	61.1	56.6	65.5
Northeast	598	57.4	51.8	63.0	56.0	50.3	61.7
Northwest	538	57.9	51.2	64.5	56.4	50.4	62.4
Southeast	587	58.0	52.4	63.5	57.6	52.0	63.2
Southwest	632	54.8	49.5	60.2	51.9	46.5	57.3
St. Louis Metro	1,366	56.3	52.4	60.3	56.2	52.3	60.0
<b>GENDER</b>							
Female	3,381	60.2	57.6	62.8	59.3	56.6	62.0
Male	2,085	53.4	50.3	56.6	52.8	49.8	55.8
<b>RACE</b>							
African-American	608	62.5	54.4	70.7	63.7	56.4	71.0
Other	255	49.2	38.6	59.8	53.9	45.0	62.8
White	3,850	60.3	58.0	62.6	55.9	53.4	58.4
<b>EDUCATION</b>							
< High School	546	51.4	44.8	58.0	50.5	43.3	57.7
High School	1,890	57.1	53.7	60.4	54.7	51.0	58.4
High School +	3,015	58.2	55.5	60.9	58.0	55.5	60.5
<b>INCOME</b>							
<\$15,000	609	54.5	47.8	61.2	55.6	48.9	62.4
\$15,000-24,999	949	56.9	51.9	61.9	55.7	50.6	60.8
\$25,000-34,999	596	53.9	47.6	60.1	51.0	44.2	57.8
\$35,000-49,999	682	57.4	51.9	62.9	54.7	49.2	60.1
\$50,000-74,999	692	60.6	55.2	65.9	59.1	53.9	64.4
\$75,000+	987	62.0	57.5	66.6	58.9	54.7	63.2

Definition: “No” response to “Have you ever been told by a doctor you have diabetes?” AND “Yes” response to “Have you had a test for high blood sugar or diabetes within the past three years?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 23 Pre-Diabetes and Age at Diagnosis

**Table 23.2 Ever been told by a doctor that they had pre-diabetes or borderline diabetes**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	5,784	7.1	6.2	8.0	6.6	5.8	7.5
<b>REGION</b>							
Central	754	6.5	4.5	8.4	6.5	4.6	8.4
Kansas City Metro	1,107	7.3	5.3	9.4	6.8	4.9	8.6
Northeast	636	7.4	5.0	9.9	7.2	4.5	9.9
Northwest	577	8.4	5.2	11.6	7.9	4.9	10.9
Southeast	618	7.8	5.1	10.6	7.7	4.9	10.5
Southwest	667	7.7	5.1	10.3	7.0	4.5	9.5
St. Louis Metro	1,425	6.5	4.8	8.1	6.1	4.4	7.7
<b>GENDER</b>							
Female	3,565	7.7	6.6	8.9	7.3	6.2	8.4
Male	2,219	6.3	4.9	7.7	6.0	4.6	7.3
<b>RACE</b>							
African-American	627	7.5	4.8	10.2	7.9	5.2	10.6
Other	268	9.9	4.2	15.7	12.1	6.0	18.2
White	4,102	7.6	6.5	8.6	6.2	5.2	7.1
<b>EDUCATION</b>							
< High School	587	9.7	6.3	13.1	9.5	5.7	13.4
High School	1,992	6.9	5.4	8.5	6.0	4.7	7.4
High School +	3,189	6.4	5.4	7.5	6.3	5.3	7.4
<b>INCOME</b>							
<\$15,000	642	11.7	7.7	15.8	13.0	8.4	17.5
\$15,000-24,999	983	9.3	6.7	12.0	8.7	6.3	11.2
\$25,000-34,999	631	6.2	4.1	8.2	5.8	3.4	8.2
\$35,000-49,999	715	6.0	3.7	8.3	5.3	3.3	7.3
\$50,000-74,999	731	5.8	3.6	8.0	5.4	3.5	7.3
\$75,000+	1,040	6.3	4.5	8.2	6.4	4.5	8.3

Definition: "Yes" response to "Have you ever been told by a doctor or other health professional that they have pre-diabetes or borderline diabetes?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 23 Pre-Diabetes and Age at Diagnosis

**Table 23.3.1 Told they had diabetes at age 18-44 among adults with diabetes**

*Prevalence With 95% Confidence Intervals (CI)*

		Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	900	29.3	24.4	34.2
<b>REGION</b>				
Central	97	27.0	15.9	38.2
Kansas City Metro	168	23.8	11.1	36.5
Northeast	89	43.7	29.8	57.6
Northwest	98	31.5	16.1	46.8
Southeast	123	27.3	15.9	38.8
Southwest	87	31.9	18.7	45.1
St. Louis Metro	238	30.4	21.1	39.8
<b>GENDER</b>				
Female	576	28.2	22.5	34.0
Male	324	30.6	22.2	39.0
<b>RACE</b>				
African-American	182	40.0	26.7	53.3
Other	55	50.9	26.3	75.4
White	578	26.6	20.8	32.3
<b>EDUCATION</b>				
< High School	119	30.0	15.7	44.3
High School	350	30.4	22.0	38.8
High School +	431	28.1	21.7	34.6
<b>INCOME</b>				
<\$15,000	181	47.2	34.0	60.5
\$15,000-24,999	187	27.7	18.4	37.0
\$25,000-34,999	107	25.2	12.7	37.7
\$35,000-49,999	117	33.7	19.7	47.6
\$50,000-74,999	91	25.4	12.8	38.0
\$75,000+	74	25.8	11.5	40.2

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “18-44 years old” response to “How old were you when you were told you have diabetes?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 23 Pre-Diabetes and Age at Diagnosis

**Table 23.3.2 Told they had diabetes at age 45-64 among adults with diabetes**

*Prevalence with 95% Confidence Intervals (CI)*

		Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	900	56.1	51.1	61.1
<b>REGION</b>				
Central	97	56.3	44.1	68.6
Kansas City Metro	168	58.1	45.2	71.0
Northeast	89	42.6	29.6	55.6
Northwest	98	54.7	40.1	69.3
Southeast	123	59.9	48.1	71.8
Southwest	87	50.4	36.0	64.8
St. Louis Metro	238	57.3	47.7	66.8
<b>GENDER</b>				
Female	576	55.8	49.7	61.8
Male	324	56.5	48.2	64.8
<b>RACE</b>				
African-American	182	49.4	36.3	62.5
Other	55	43.2	20.4	66.0
White	578	57.1	51.1	63.1
<b>EDUCATION</b>				
< High School	119	57.4	43.5	71.3
High School	350	51.2	43.0	59.4
High School +	431	59.6	52.7	66.4
<b>INCOME</b>				
<\$15,000	181	39.3	27.6	51.0
\$15,000-24,999	187	55.6	45.6	65.5
\$25,000-34,999	107	60.3	47.4	73.3
\$35,000-49,999	117	51.4	37.8	65.0
\$50,000-74,999	91	64.2	50.5	77.8
\$75,000+	74	71.0	56.4	85.5

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “45-64 years old” response to “How old were you when you were told you have diabetes?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 23 Pre-Diabetes and Age at Diagnosis

**Table 23.3.3 Told they had diabetes at age 65+ among adults with diabetes+**

*Prevalence with 95% Confidence Intervals (CI)*

		Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	900	14.6	11.7	17.6
<b>REGION</b>				
Central	97	16.7	9.0	24.3
Kansas City Metro	168	18.1	10.5	25.8
Northeast	89	13.7	6.8	20.5
Northwest	98	13.8	6.7	21.0
Southeast	123	12.7	6.8	18.7
Southwest	87	17.7	8.1	27.3
St. Louis Metro	238	12.3	7.0	17.6
<b>GENDER</b>				
Female	576	16.0	12.1	19.9
Male	324	12.9	8.6	17.3
<b>RACE</b>				
African-American	182	10.6	5.1	16.1
Other	55	6.0	-0.8	12.8
White	578	16.3	12.7	19.9
<b>EDUCATION</b>				
< High School	119	12.6	6.1	19.1
High School	350	18.4	12.9	23.9
High School +	431	12.3	8.5	16.2
<b>INCOME</b>				
<\$15,000	181	13.5	6.8	20.1
\$15,000-24,999	187	16.7	10.6	22.9
\$25,000-34,999	107	14.5	7.1	21.9
\$35,000-49,999	117	14.9	7.4	22.5
\$50,000-74,999	91	10.4	3.4	17.5
\$75,000+	74	3.2	-0.6	7.1

Definition: Age 65 and older: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “65 years or older” response to “How old were you when you were told you have diabetes?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.1 Were currently taking insulin for diabetes**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	987	35.1	30.4	39.7
<b>REGION</b>				
Central	102	29.0	18.3	39.7
Kansas City Metro	184	42.4	29.8	55.1
Northeast	100	47.0	33.1	60.8
Northwest	109	43.6	29.3	57.9
Southeast	132	36.5	25.3	47.7
Southwest	96	26.7	14.7	38.8
St. Louis Metro	264	33.2	24.7	41.7
<b>GENDER</b>				
Female	633	31.1	25.6	36.7
Male	354	40.1	32.3	47.9
<b>RACE</b>				
African-American	208	29.8	19.2	40.4
Other	58	27.6	10.2	45.0
White	625	37.3	31.3	43.2
<b>EDUCATION</b>				
< High School	138	41.0	27.8	54.3
High School	382	34.4	27.0	41.8
High School +	467	33.6	27.1	40.0
<b>INCOME</b>				
<\$15,000	197	40.8	28.1	53.4
\$15,000-24,999	204	37.6	28.1	47.2
\$25,000-34,999	120	39.0	25.9	52.2
\$35,000-49,999	121	25.4	13.1	37.7
\$50,000-74,999	96	33.5	20.3	46.6
\$75,000+	79	29.3	15.6	43.0

Definition: “Yes” responses to “Have you ever been told by a doctor you have diabetes?” AND “Are you now taking insulin?”

Note (1) - Due to small sample sizes, diabetes management indicators were not age-adjusted. Those indicators include insulin, blood glucose and feet check-ups, doctor's visits for diabetes, A1C tests, dilated eye and retinopathy exams, and diabetes management class.

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.2 Blood glucose checked one or more times per day by someone other than a health professional**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	970	64.1	59.4	68.8
<b>REGION</b>				
Central	100	57.4	45.4	69.4
Kansas City Metro	181	63.1	51.5	74.8
Northeast	98	75.4	62.6	88.1
Northwest	107	72.2	60.9	83.5
Southeast	130	57.9	46.3	69.5
Southwest	92	61.1	48.2	73.9
St. Louis Metro	262	67.5	58.6	76.4
<b>GENDER</b>				
Female	619	65.6	59.7	71.5
Male	351	62.3	54.7	69.9
<b>RACE</b>				
African-American	206	60.0	47.2	72.8
Other	57	45.5	23.4	67.6
White	614	69.2	63.9	74.6
<b>EDUCATION</b>				
< High School	136	70.8	59.4	82.3
High School	373	66.2	58.5	73.9
High School +	461	60.3	53.5	67.0
<b>INCOME</b>				
<\$15,000	191	67.4	55.3	79.6
\$15,000-24,999	201	68.3	59.1	77.6
\$25,000-34,999	118	76.8	66.9	86.7
\$35,000-49,999	120	57.5	43.7	71.2
\$50,000-74,999	95	60.2	46.1	74.3
\$75,000+	78	59.1	43.5	74.6

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “1 or greater times per day” to “About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.3 Feet checked for sores or irritations daily by someone other than a health professional**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	972	64.6	60.0	69.3
<b>REGION</b>				
Central	100	62.9	50.9	74.9
Kansas City Metro	179	63.7	52.1	75.3
Northeast	100	67.2	54.0	80.5
Northwest	108	61.4	47.2	75.6
Southeast	131	63.6	52.2	75.1
Southwest	95	73.7	63.3	84.2
St. Louis Metro	259	63.0	54.0	72.0
<b>GENDER</b>				
Female	624	64.9	59.2	70.5
Male	348	64.3	56.7	71.9
<b>RACE</b>				
African-American	204	73.1	62.5	83.6
Other	57	58.9	32.9	84.9
White	617	63.7	58.0	69.3
<b>EDUCATION</b>				
< High School	136	64.3	52.5	76.1
High School	374	59.8	51.9	67.7
High School +	462	68.4	62.1	74.7
<b>INCOME</b>				
<\$15,000	192	69.6	57.7	81.5
\$15,000-24,999	199	55.8	45.9	65.7
\$25,000-34,999	120	68.5	56.8	80.3
\$35,000-49,999	122	70.4	59.4	81.3
\$50,000-74,999	95	64.3	50.5	78.1
\$75,000+	78	64.2	49.4	79.0

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “1 or greater times per day” to “About how often do you check your feet for sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.4.1 Had not seen a doctor in past 12 months for their diabetes**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	647	14.8	10.6	19.0
<b>REGION</b>				
Central	65	14.1	4.1	24.0
Kansas City Metro	118	14.1	4.3	23.8
Northeast	69	30.4	11.4	49.4
Northwest	71	16.4	4.8	28.1
Southeast	88	12.3	5.5	19.0
Southwest	66	12.6	4.0	21.2
St. Louis Metro	170	14.8	5.7	23.9
<b>GENDER</b>				
Female	423	13.7	8.8	18.6
Male	224	16.3	8.8	23.7
<b>RACE</b>				
African-American	132	22.0	11.3	32.6
Other	--	--	--	--
White	389	14.0	9.2	18.8
<b>EDUCATION</b>				
< High School	89	19.5	7.7	31.4
High School	249	16.5	8.0	25.0
High School +	309	11.7	7.3	16.0
<b>INCOME</b>				
<\$15,000	132	25.0	10.7	39.3
\$15,000-24,999	141	11.7	5.3	18.0
\$25,000-34,999	70	15.5	3.6	27.3
\$35,000-49,999	83	10.4	3.5	17.3
\$50,000-74,999	56	11.6	1.4	21.7
\$75,000+	--	--	--	--

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “0 time” response to “About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.4.2 Had seen a doctor once within the past 12 months for their diabetes**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	647	17.0	12.2	21.8
<b>REGION</b>				
Central	65	20.6	8.1	33.2
Kansas City Metro	118	27.5	8.7	46.3
Northeast	69	7.5	0.0	15.1
Northwest	71	20.0	6.1	33.8
Southeast	88	15.6	3.4	27.8
Southwest	66	27.7	12.0	43.4
St. Louis Metro	170	8.8	4.1	13.5
<b>GENDER</b>				
Female	423	15.1	10.4	19.9
Male	224	19.5	10.5	28.5
<b>RACE</b>				
African-American	132	16.4	4.7	28.2
Other	--	--	--	--
White	389	16.8	9.9	23.8
<b>EDUCATION</b>				
< High School	89	23.7	7.0	40.3
High School	249	10.8	5.7	15.8
High School +	309	19.0	12.6	25.4
<b>INCOME</b>				
<\$15,000	132	18.4	3.1	33.8
\$15,000-24,999	141	10.8	3.6	17.9
\$25,000-34,999	70	17.8	5.8	29.8
\$35,000-49,999	83	15.9	5.1	26.6
\$50,000-74,999	56	15.6	0.7	30.5
\$75,000+	--	--	--	--

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “1” response to “About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.4.3 Had seen a doctor 2 or more times within the past 12 months**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	647	68.2	62.5	74.0
<b>REGION</b>				
Central	65	65.3	51.0	79.7
Kansas City Metro	118	58.4	40.2	76.6
Northeast	69	62.2	44.0	80.3
Northwest	71	63.6	47.4	79.9
Southeast	88	72.2	59.5	84.8
Southwest	66	59.7	43.3	76.2
St. Louis Metro	170	76.4	66.5	86.3
<b>GENDER</b>				
Female	423	71.2	64.9	77.5
Male	224	64.3	54.3	74.3
<b>RACE</b>				
African-American	132	61.6	47.9	75.3
Other	--	--	--	--
White	389	69.2	61.6	76.8
<b>EDUCATION</b>				
< High School	89	56.8	40.7	73.0
High School	249	72.7	63.6	81.8
High School +	309	69.4	62.1	76.7
<b>INCOME</b>				
<\$15,000	132	56.6	40.7	72.5
\$15,000-24,999	141	77.6	68.3	86.8
\$25,000-34,999	70	66.7	51.5	82.0
\$35,000-49,999	83	73.7	61.5	85.9
\$50,000-74,999	56	72.8	56.1	89.5
\$75,000+	--	76.2	--	--

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “2 or more times” response to “About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.5.1 Had 0 'A one C' test in past year**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	609	18.1	12.7	23.4
<b>REGION</b>				
Central	62	13.9	2.4	25.4
Kansas City Metro	113	25.9	6.8	44.9
Northeast	66	40.8	22.2	59.4
Northwest	66	13.4	0.4	26.5
Southeast	81	16.6	6.3	26.8
Southwest	64	7.9	1.4	14.5
St. Louis Metro	157	18.0	8.0	28.0
<b>GENDER</b>				
Female	402	16.8	11.2	22.4
Male	207	19.7	10.0	29.5
<b>RACE</b>				
African-American	129	30.6	17.3	44.0
Other	--	--	--	--
White	356	15.5	8.4	22.6
<b>EDUCATION</b>				
< High School	82	40.7	23.5	58.0
High School	240	19.4	10.6	28.2
High School +	287	8.7	4.0	13.3
<b>INCOME</b>				
<\$15,000	124	35.0	17.6	52.4
\$15,000-24,999	127	15.3	7.3	23.4
\$25,000-34,999	66	19.2	4.3	34.1
\$35,000-49,999	77	2.5	0.0	5.8
\$50,000-74,999	54	13.1	0.0	28.0
\$75,000+	--	--	--1.0	--

Definition: "Yes" response to "Have you ever been told by a doctor you have diabetes?" AND "0" response to "A test for A one C measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.5.2 Had 1 'A one C' test in past year**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	609	14.9	10.7	19.1
<b>REGION</b>				
Central	62	17.0	4.6	29.4
Kansas City Metro	113	13.9	4.6	23.2
Northeast	66	10.7	2.4	19.1
Northwest	66	26.1	7.6	44.7
Southeast	81	15.0	3.4	26.5
Southwest	64	19.6	5.8	33.4
St. Louis Metro	157	11.8	5.1	18.6
<b>GENDER</b>				
Female	402	13.9	9.1	18.7
Male	207	16.2	8.9	23.4
<b>RACE</b>				
African-American	129	16.1	6.3	26.0
Other	--	--	--	--
White	356	15.6	10.2	21.1
<b>EDUCATION</b>				
< High School	82	13.5	3.6	23.5
High School	240	16.1	9.1	23.0
High School +	287	14.5	8.5	20.5
<b>INCOME</b>				
<\$15,000	124	12.1	3.6	20.7
\$15,000-24,999	127	15.2	6.0	24.4
\$25,000-34,999	66	18.3	3.6	33.0
\$35,000-49,999	77	11.4	2.7	20.1
\$50,000-74,999	54	14.7	3.1	26.2
\$75,000+	--	--	--	--

Definition: "Yes" response to "Have you ever been told by a doctor you have diabetes?" AND "1" response to "A test for A one C measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.5.3 Had 2 or more 'A one C' tests in past year**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	609	67.0	61.0	73.0
<b>REGION</b>				
Central	62	69.1	54.7	83.4
Kansas City Metro	113	60.2	41.8	78.6
Northeast	66	48.5	31.3	65.7
Northwest	66	60.5	41.6	79.3
Southeast	81	68.5	54.6	82.4
Southwest	64	72.5	57.8	87.2
St. Louis Metro	157	70.2	59.2	81.2
<b>GENDER</b>				
Female	402	69.3	62.7	75.9
Male	207	64.1	53.6	74.6
<b>RACE</b>				
African-American	129	53.2	39.1	67.4
Other	--	--	--	--
White	356	68.9	61.0	76.9
<b>EDUCATION</b>				
< High School	82	45.7	29.5	62.0
High School	240	64.5	54.9	74.1
High School +	287	76.8	69.7	83.9
<b>INCOME</b>				
<\$15,000	124	52.9	36.6	69.1
\$15,000-24,999	127	69.5	58.2	80.7
\$25,000-34,999	66	62.5	45.5	79.5
\$35,000-49,999	77	86.1	76.8	95.3
\$50,000-74,999	54	72.3	54.9	89.6
\$75,000+	--	--	--	--

Definition: "Yes" response to "Have you ever been told by a doctor you have diabetes?" AND "2 or more" response to "About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for "A one C"?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.6 Feet checked by a health professional in past year for any sores or irritations**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	514	77.1	71.0	83.1
<b>REGION</b>				
Central	52	78.2	64.4	92.0
Kansas City Metro	90	68.2	46.4	90.0
Northeast	56	80.7	67.7	93.8
Northwest	54	97.1	93.7	100.5
Southeast	69	66.1	51.1	81.2
Southwest	51	74.0	59.6	88.4
St. Louis Metro	142	83.2	73.3	93.0
<b>GENDER</b>				
Female	340	82.6	77.1	88.1
Male	174	69.5	58.1	80.8
<b>RACE</b>				
African-American	105	92.9	90.0	95.8
Other	--	--	--	--
White	301	72.3	64.0	80.5
<b>EDUCATION</b>				
< High School	62	61.2	41.1	81.3
High School	199	75.1	65.2	85.0
High School +	253	83.7	77.6	89.9
<b>INCOME</b>				
<\$15,000	94	75.3	58.2	92.3
\$15,000-24,999	117	76.0	70.7	81.4
\$25,000-34,999	54	74.3	67.6	81.1
\$35,000-49,999	67	86.1	80.7	91.5
\$50,000-74,999	--	--	--	--
\$75,000+	--	--	--	--

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “1 or greater” to “About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?” AND “1 or greater” to “About how many times in the past 12 months has a health professional checked your feet for sores or irritations?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.7.1 Had dilated eye exam within past year**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	974	67.3	62.7	71.9
<b>REGION</b>				
Central	101	54.0	41.9	66.1
Kansas City Metro	179	68.7	56.5	80.9
Northeast	100	76.1	63.3	88.8
Northwest	106	69.2	54.2	84.2
Southeast	131	64.7	54.0	75.4
Southwest	96	65.7	53.2	78.2
St. Louis Metro	261	70.7	62.1	79.3
<b>GENDER</b>				
Female	625	65.5	59.8	71.2
Male	349	69.5	61.8	77.2
<b>RACE</b>				
African-American	205	66.3	54.0	78.5
Other	57	58.5	32.3	84.8
White	617	68.5	63.0	74.0
<b>EDUCATION</b>				
< High School	137	56.2	43.1	69.3
High School	373	67.3	59.6	75.0
High School +	464	71.0	64.9	77.1
<b>INCOME</b>				
<\$15,000	193	52.0	39.1	64.9
\$15,000-24,999	203	62.2	52.6	71.8
\$25,000-34,999	119	75.2	64.8	85.6
\$35,000-49,999	120	63.8	50.2	77.5
\$50,000-74,999	96	71.1	58.3	83.9
\$75,000+	77	74.2	60.1	88.3

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “Within the past year” to “When was the last time you had an eye exam in which the pupils were dilated?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.7.2 Had dilated eye exam 1 or more years ago**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	974	28.7	24.2	33.2
<b>REGION</b>				
Central	101	43.9	31.8	56.0
Kansas City Metro	179	29.1	16.0	42.1
Northeast	100	19.5	7.3	31.8
Northwest	106	15.2	6.7	23.7
Southeast	131	30.7	20.5	41.0
Southwest	96	28.2	16.6	39.8
St. Louis Metro	261	26.2	18.0	34.4
<b>GENDER</b>				
Female	625	30.6	25.0	36.1
Male	349	26.2	18.8	33.6
<b>RACE</b>				
African-American	205	31.7	19.5	44.0
Other	57	35.4	7.8	63.0
White	617	27.2	21.9	32.6
<b>EDUCATION</b>				
< High School	137	40.6	27.3	53.8
High School	373	26.9	19.7	34.2
High School +	464	26.0	20.1	31.9
<b>INCOME</b>				
<\$15,000	193	45.9	32.9	58.9
\$15,000-24,999	203	34.4	24.9	44.0
\$25,000-34,999	119	19.3	10.2	28.3
\$35,000-49,999	120	34.1	20.5	47.8
\$50,000-74,999	96	24.1	12.2	35.9
\$75,000+	77	13.0	5.0	21.1

Definition: “Yes” response to “Have you ever been told by a doctor you have diabetes?” AND “1 or more years ago” to “When was the last time you had an eye exam in which the pupils were dilated?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.8 Ever told by a doctor diabetes had affected their eyes or they had retinopathy**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	967	18.4	14.7	22.1
<b>REGION</b>				
Central	100	15.0	6.2	23.7
Kansas City Metro	180	15.7	8.1	23.4
Northeast	99	35.9	21.3	50.4
Northwest	106	20.1	8.9	31.3
Southeast	129	18.3	8.8	27.7
Southwest	94	17.1	7.9	26.3
St. Louis Metro	259	18.7	11.4	26.1
<b>GENDER</b>				
Female	618	15.9	11.6	20.1
Male	349	21.7	15.1	28.2
<b>RACE</b>				
African-American	200	22.7	12.0	33.4
Other	58	30.9	11.7	50.1
White	614	16.3	11.9	20.6
<b>EDUCATION</b>				
< High School	134	24.4	14.2	34.7
High School	373	20.4	14.0	26.8
High School +	460	14.9	9.9	19.8
<b>INCOME</b>				
<\$15,000	188	23.9	14.4	33.3
\$15,000-24,999	202	25.3	16.2	34.3
\$25,000-34,999	117	17.1	6.9	27.3
\$35,000-49,999	122	21.0	10.2	31.7
\$50,000-74,999	94	7.2	1.1	13.2
\$75,000+	78	18.8	5.9	31.7

Definition: “Yes” responses to “Have you ever been told by a doctor you have diabetes?” AND “Has a doctor ever told you that diabetes has affected your eyes or that they had retinopathy?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 24 Diabetes Management

**Table 24.9 Had ever taken a class on how to manage their diabetes**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	987	59.7	55.0	64.4
<b>REGION</b>				
Central	103	61.3	49.3	73.2
Kansas City Metro	183	68.2	57.5	78.8
Northeast	100	55.1	41.6	68.5
Northwest	109	71.1	59.9	82.3
Southeast	132	55.2	44.0	66.5
Southwest	96	60.6	47.6	73.6
St. Louis Metro	264	55.8	46.7	64.9
<b>GENDER</b>				
Female	632	63.9	58.2	69.5
Male	355	54.4	46.5	62.2
<b>RACE</b>				
African-American	208	68.8	57.6	80.0
Other	58	32.8	14.2	51.4
White	625	61.7	56.1	67.3
<b>EDUCATION</b>				
< High School	138	37.5	24.4	50.5
High School	382	56.4	48.6	64.2
High School +	467	69.7	63.5	75.8
<b>INCOME</b>				
<\$15,000	197	49.4	37.0	61.7
\$15,000-24,999	203	56.3	46.6	66.0
\$25,000-34,999	120	65.7	53.5	77.9
\$35,000-49,999	122	65.2	52.9	77.5
\$50,000-74,999	96	66.8	53.2	80.4
\$75,000+	79	62.3	47.1	77.4

Definition: “Yes” responses to “Have you ever been told by a doctor you have diabetes?” AND “Have you ever taken a course or class in how to manage your diabetes yourself?”



# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 25 Childhood Asthma Prevalence

**Table 25.1 Children age 17 years and younger: Ever been told by a health professional that the child had asthma**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	1,377	11.4	9.1	13.7
<b>REGION</b>				
Central	196	9.5	5.0	14.1
Kansas City Metro	283	10.6	5.7	15.4
Northeast	135	8.6	3.1	14.2
Northwest	138	11.8	3.4	20.2
Southeast	145	9.8	4.3	15.2
Southwest	142	8.2	3.1	13.4
St. Louis Metro	338	15.1	9.9	20.3
<b>GENDER</b>				
Female	634	11.2	7.7	14.8
Male	735	11.7	8.7	14.6
<b>RACE</b>				
African-American	169	18.0	9.5	26.6
Other	107	11.2	3.5	18.8
White	1,101	10.2	7.9	12.4
<b>EDUCATION</b>				
< High School	115	12.1	5.2	18.9
High School	380	10.9	6.0	15.8
High School +	882	11.5	8.8	14.3
<b>INCOME</b>				
<\$15,000	142	13.0	6.5	19.4
\$15,000-24,999	200	14.1	8.5	19.6
\$25,000-34,999	123	7.9	2.7	13.0
\$35,000-49,999	183	11.8	4.5	19.1
\$50,000-74,999	217	9.0	3.6	14.5
\$75,000+	390	12.0	7.8	16.2

Definition: Children 17 years and younger: “Yes” response to “Has a doctor, nurse or other health professional EVER said that the child has asthma? Question asked of adult respondent about a randomly selected child under age of 18 in household. Gender and race are of the child as reported by the adult respondent. Education level is of the adult respondent and household income was reported by adult respondent.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 25 Childhood Asthma Prevalence

**Table 25.2 Children age 17 and younger: Ever been told by a health professional that the child still had asthma**

*Prevalence With 95% Confidence Intervals (CI)*

		<i>Prevalence</i>		
Demographic	Sample Size	%	Lower CI	Upper CI
OVERALL	1,371	7.7	5.8	9.6
<b>REGION</b>				
Central	195	7.1	3.0	11.2
Kansas City Metro	281	8.3	3.7	12.8
Northeast	134	5.4	0.6	10.2
Northwest	138	6.0	1.0	10.9
Southeast	145	4.8	0.8	8.7
Southwest	142	4.5	0.6	8.5
St. Louis Metro	336	10.6	6.4	14.8
<b>GENDER</b>				
Female	632	7.0	4.3	9.7
Male	731	8.4	5.8	11.0
<b>RACE</b>				
African-American	165	11.3	5.4	17.3
Other	107	8.6	1.7	15.5
White	1,099	6.8	4.9	8.8
<b>EDUCATION</b>				
< High School	114	12.1	5.2	18.9
High School	378	10.9	6.0	15.8
High School +	879	11.5	8.8	14.3
<b>INCOME</b>				
<\$15,000	140	9.4	3.9	14.9
\$15,000-24,999	200	10.2	5.4	15.1
\$25,000-34,999	122	1.8	0.1	3.6
\$35,000-49,999	181	6.5	0.2	12.8
\$50,000-74,999	217	7.3	2.2	12.3
\$75,000+	389	9.2	5.3	13.1

Definition: Children 17 years and younger: “Yes” and “No” responses to “Has a doctor, nurse or other health professional EVER said that the child has asthma?” AND “Yes” response to “Does the child still have asthma? Question asked of adult respondent about a randomly selected child under age of 18 in household. Gender and race are of the child as reported by the adult respondent. Education level is of the adult respondent and household income was reported by adult respondent.”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 26 Gambling

**Table 26.1 Gambled for money or something else of value in the past 12 months**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

Demographic	Sample Size	Prevalence			Age-adjusted Prevalence		
		%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	6,391	36.4	34.6	38.2	36.3	34.4	38.3
<b>REGION</b>							
Central	816	39.9	35.5	44.3	39.7	35.2	44.1
Kansas City Metro	1,203	35.3	31.2	39.4	34.6	30.3	39.0
Northeast	699	39.3	34.1	44.4	39.9	34.3	45.6
Northwest	653	38.0	31.9	44.0	39.0	32.5	45.5
Southeast	712	37.8	32.9	42.7	38.0	32.5	43.5
Southwest	727	34.3	29.6	39.0	33.7	28.6	38.8
St. Louis Metro	1,581	35.8	32.3	39.2	35.8	32.1	39.6
<b>GENDER</b>							
Female	3,966	35.9	33.6	38.1	35.7	33.2	38.3
Male	2,425	37.1	34.3	39.9	37.0	34.1	40.0
<b>RACE</b>							
African-American	756	36.7	29.9	43.6	36.2	29.2	43.2
Other	303	32.1	23.1	41.1	32.2	23.8	40.7
White	4,502	34.8	32.7	36.9	34.8	32.3	37.4
<b>EDUCATION</b>							
< High School	671	39.5	33.7	45.4	39.8	33.0	46.5
High School	2,201	35.7	32.6	38.7	36.1	32.5	39.7
High School +	3,506	36.2	33.8	38.5	35.9	33.5	38.4
<b>INCOME</b>							
<\$15,000	763	39.7	33.8	45.6	38.9	33.0	44.8
\$15,000-24,999	1,138	37.5	33.1	41.9	36.7	31.9	41.6
\$25,000-34,999	714	34.5	29.0	40.0	34.7	28.2	41.1
\$35,000-49,999	797	37.4	32.5	42.4	37.0	31.5	42.6
\$50,000-74,999	802	35.6	30.8	40.5	36.0	30.8	41.1
\$75,000+	1,081	33.8	30.0	37.7	32.8	28.4	37.2

Definition: "Yes" response to "In the last 12 months have you played the lottery, bingo, card games, slot machines or any other betting games for money or something else of value?"

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 26 Gambling

**Table 26.2 Money spent on gambling led to financial problems among adults that had gambled**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,274	0.7	0.3	1.1	0.7	0.3	1.0
<b>REGION</b>							
Central	310	0.0	0.0	0.0	0.0	0.0	0.0
Kansas City Metro	418	0.8	0.1	1.5	0.8	0.0	1.7
Northeast	261	1.4	0.0	3.8	1.4	0.0	3.8
Northwest	226	0.8	0.0	1.8	0.8	0.0	1.7
Southeast	260	1.0	0.0	2.1	0.9	0.0	2.0
Southwest	255	1.4	0.0	3.3	1.1	0.0	2.6
St. Louis Metro	544	0.5	0.0	1.1	0.4	0.0	0.9
<b>GENDER</b>							
Female	1,412	1.0	0.4	1.7	0.9	0.3	1.6
Male	862	0.4	0.0	0.8	0.4	0.0	0.7
<b>RACE</b>							
African-American	256	0.4	0.0	0.7	0.5	0.0	1.1
Other	108	0.4	0.0	1.3	0.6	0.0	1.9
White	1,566	0.9	0.4	1.4	0.8	0.3	1.3
<b>EDUCATION</b>							
< High School	248	0.4	0.0	1.0	0.4	0.0	0.9
High School	779	1.0	0.2	1.7	0.7	0.2	1.2
High School +	1,244	0.7	0.1	1.3	0.7	0.1	1.2
<b>INCOME</b>							
<\$15,000	279	0.7	0.0	1.5	0.7	0.0	1.4
\$15,000-24,999	413	0.7	0.1	1.3	0.5	0.0	0.9
\$25,000-34,999	231	1.3	0.0	3.9	1.1	0.0	3.1
\$35,000-49,999	280	0.3	0.0	0.7	0.2	0.0	0.5
\$50,000-74,999	269	1.3	0.0	2.7	1.2	0.0	2.5
\$75,000+	406	0.1	0.0	0.3	0.1	0.0	0.3

Definition: “Yes” and “No” response to “In the last 12 months have you played the lottery, bingo, card games, slot machines or any other betting games for money or something else of value?” AND “Yes” to “Has the money you spent on gambling led to financial problems?”

# MISSOURI BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM - 2013

## Chapter 26 Gambling

**Table 26.3 Money spent on gambling led to problems in family, work or personal life among adults that had gambled**

*Prevalence and Age-adjusted Prevalence with 95% Confidence Intervals (CI)*

		Prevalence			Age-adjusted Prevalence		
Demographic	Sample Size	%	Lower CI	Upper CI	%	Lower CI	Upper CI
OVERALL	2,274	0.5	0.2	0.9	0.4	0.2	0.7
<b>REGION</b>							
Central	310	0.0	0.0	0.0	0.0	0.0	0.0
Kansas City Metro	418	0.4	0.0	0.9	0.4	0.0	0.8
Northeast	261	0.2	0.0	0.5	0.2	0.0	0.4
Northwest	226	0.3	0.0	0.7	0.3	0.0	0.6
Southeast	260	0.4	0.0	1.3	0.4	0.0	1.2
Southwest	255	1.9	0.0	4.0	1.5	0.0	3.1
St. Louis Metro	544	0.4	0.0	0.8	0.3	0.0	0.7
<b>GENDER</b>							
Female	1,412	0.8	0.1	1.4	0.6	0.1	1.1
Male	862	0.3	0.0	0.6	0.2	0.0	0.5
<b>RACE</b>							
African-American	256	0.3	0.0	0.7	0.4	0.0	1.1
Other	108	0.0	0.0	0.0	0.0	0.0	0.0
White	1,566	0.5	0.2	0.9	0.4	0.1	0.6
<b>EDUCATION</b>							
< High School	248	0.4	0.0	1.0	0.4	0.0	0.9
High School	779	0.6	0.0	1.1	0.4	0.0	0.8
High School +	1,244	0.6	0.0	1.1	0.5	0.0	0.9
<b>INCOME</b>							
<\$15,000	279	0.4	0.0	0.8	0.4	0.0	1.0
\$15,000-24,999	413	0.5	0.0	1.1	0.4	0.0	0.7
\$25,000-34,999	231	1.3	0.0	3.9	1.0	0.0	3.0
\$35,000-49,999	280	0.2	0.0	0.6	0.2	0.0	0.4
\$50,000-74,999	269	0.1	0.0	0.1	0.0	0.0	0.1
\$75,000+	406	0.4	0.0	1.2	0.3	0.0	0.8

Definition: “Yes” and “No” response to “In the last 12 months have you played the lottery, bingo, card games, slot machines or any other betting games for money or something else of value?” AND “Yes” to “Has the money you spent on gambling led to problems in your work, family or personal life?”